



# parks & recreation

fall activities 2014





parks & recreation department

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## Parks & Recreation Department

200 Brookview Parkway  
Golden Valley, Minnesota 55426  
Monday-Friday, 8:00 AM-4:30 PM  
Phone: 763-512-2345  
Fax: 763-512-2344  
Activity Cancel Line: 763-512-2350

## Brookview Golf Course & Lawn Bowling Greens

200 Brookview Parkway  
Golden Valley, Minnesota 55426  
Phone: 763-512-2300  
Fax: 763-512-2311  
Tee Times: 763-512-2330  
Par 3 Course: 763-512-2333  
Cancellation Line: 763-512-2300

## Golden Valley City Offices

7800 Golden Valley Road  
Golden Valley, Minnesota 55427  
Monday-Friday, 8:00 AM-4:30 PM  
Phone: 763-593-8000  
Fax: 763-593-8109

## Motor Vehicle Department

7800 Golden Valley Road  
Golden Valley, Minnesota 55427  
Monday-Thursday, 8:00 AM-5:30 PM  
Friday, 8:00 AM-5:00 PM  
Phone: 763-593-8111  
Fax: 763-593-8019  
TTY: 763-593-3968

## City Offices Closed

Monday, September 1 *Labor Day*  
Tuesday, November 11 *Veterans Day*  
Thursday, November 27 *Thanksgiving*  
Friday, November 28 *Thanksgiving*  
Wednesday, December 24 *Christmas*  
Thursday, December 25 *Christmas*



## VISION STATEMENT

THE CITY OF GOLDEN VALLEY SHALL NURTURE PLACES, EVENTS, AND ASSOCIATIONS THAT MAINTAIN RECREATION AS A FOCAL POINT OF FAMILY AND COMMUNITY LIFE.

## MISSION STATEMENT

THE MISSION OF THE GOLDEN VALLEY PARK AND RECREATION DEPARTMENT IS TO BUILD COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS.





# special events

September

13

GOLDEN  
VALLEY  
DAYS  
art & music festival

## 11th Annual Golden Valley Art & Music Festival

Come celebrate Golden Valley at the 11th Annual Festival beginning at 9:30 AM with our fabulous community parade, which starts at Seeman Park and travels west on Golden Valley Road to Golden Valley City Hall. The event continues with Fun Square (activities for children), a vintage car show, community organization representation, a juried fine art show and live musical entertainment. This year, we are featuring artisanal foods and micro brews from around the Twin Cities. Our annual street dance will be held from 6:30-9:30 PM with music by High & Mighty, "the Midwest's most entertaining and danceable band." Golden Valley Arts & Music Festival is coordinated by volunteers who reside in the City of Golden Valley.

**9:30 AM-9:30 PM**

**Golden Valley City Hall Campus**

### **VOLUNTEERS NEEDED!**

Please contact Carol at [cacurme@q.com](mailto:cacurme@q.com).

### **SEEKING ARTISTS!**

Show/sell your art at the festival.

Contact Anna at [cabanaanna@aol.com](mailto:cabanaanna@aol.com).

September

27

## 7th Annual Golden Valley Lilac Planting Project

Planting occurs in the morning (on the right-of-way north of Hwy 55 on either side of Schaper Road) and is capped by a celebration luncheon. Invite friends, neighbors, groups and organizations to join the planting. You'll enjoy watching your plants grow along Hwy 55. If you are a member of a community organization or business, suggest to members to volunteer as a group. Register online at: [www.goldenvalleymn.gov/events/lilacplanting/index.php](http://www.goldenvalleymn.gov/events/lilacplanting/index.php) or contact Sandy Werts at 763-512-2341 or [swerts@goldenvalleymn.gov](mailto:swerts@goldenvalleymn.gov) or Dwight Townes at 763-377-8469 by September 23.



**9:00 AM-1:00 PM Meet at Brookview Park Large Shelter**

October

24

thru

November

03

## 2014 Fall Raking Blitz

Help Golden Valley residents who can no longer keep up with their fall yard maintenance. Volunteers will be assigned to homes to rake and bag leaves and take them to the curb (leaf bags are supplied by the residents). If you, your family, scout troop, church group or business can help with the raking, contact us today! The Raking Blitz is a cooperative program with Senior Community Services Home program, Calvary Lutheran Church and other area churches. For information or to volunteer, please contact Volunteer Coordinator, Sandy Werts at [swerts@goldenvalleymn.gov](mailto:swerts@goldenvalleymn.gov) or 763-512-2341 or visit: <http://www.goldenvalleymn.gov/community/neighborshelping.php>.







## special events continued

October  
**24**

### Monster Mash Teen Dance

Are you ready to have a ghoulish time at this annual event? There will be music, contests, prizes and fun. Music provided by a DJ from KIDSDANCE/Total Entertainment. Wear a costume and receive a treat! Participate in the Costume Contest and you could win a prize! Please note-inappropriate costumes and/or behavior at the event will not be allowed. Event is co-sponsored with Crystal, Robbinsdale and New Hope. Save some money by registering in advance! Please bring your school ID for entrance.

**Grades 5-7**

**Crystal Community Center**

**7:00-9:00 PM**

**\$5 by Oct 23, \$8 at door**

**Code: 12966**



November  
**14  
&  
15**

### Daddy/Daughter Princess Ball

Join us for an enchanted evening with Once Upon a Star's Cinderella, and Frozen friends: Anna & Elsa. Princesses and your daddy will enjoy a "Frozen" craft, snack, dancing and more royal fun. Each princess will receive her own personalized princess tote bag, jewelry craft project and royal gift to take home. Adults bring a camera to capture this memorable evening, photos taken at the event will have next-day on-line access. \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale. Register by November 6.

**Ages 3-8 with Dad**

**Brookview Community Center**

**\$30, \*Resident \$23**

**Fri, Nov 14**

**Sat, Nov 15**

**6:15-7:45 PM**

**10:00-11:30 AM**

**Code: 12850**

**Code: 12851**

December  
**05**

### Supper with Santa

Spend a special Friday evening having pizza dinner with holiday music. After dinner, enjoy a fun-filled holiday show, and of course, a visit from Santa Claus! All children must be accompanied by an adult. Ages 2 and under are FREE!

**Ages 2+ with Adult**

**Brookview Community Center**

**6:00-7:15 PM**

**\$10/Res, \$15/Non-Res, \$5/Adult Meal**

**Code: 12967**



### Mailbox to the North Pole

December 5-19, 2014

Santa Claus will have a special Direct-to-the-North Pole mailbox at Brookview Community Center, where boys and girls can drop off their letters. Santa's helpers will pick up the letters each evening and deliver them straight to the North Pole. Santa Claus requests that each letter include the full name and address of each sender so he can reply.



# youth activities

## Pre-School Playtime

AGES 1-5 WITH AN ADULT

New and improved play equipment! Come run, jump, crawl, and roll, indoors at Brookview Community Center. A variety of play areas will be set up for your child. Adult participation required. No instruction provided. Pay at the door or a punch pass can be purchased at Brookview Community Center. Children 1 and under are free!

**Site:** Brookview Community Center  
**Date:** Friday, Oct 3-Mar 27 (No Nov 28)  
**Time:** 10:00-11:30 AM  
**Fee:** Daily \$2/child, 10-visit pass \$15

## Frozen Party with Princess Anna

AGES 3-8 WITH ADULT

Princesses dress FANCY & bring Mom (or your favorite adult-date) to our Frozen Party! Princess Anna will lead the group with FROZEN & OLAF themed games and a special snow-fun craft. Join Anna for a sing-a-long and dance to "Let It Go". Bring your camera; kids will have a special photo opportunity with Once Upon A Star's own PRINCESS ANNA! \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

**Site:** Crystal Community Center  
**Date:** Sat, Oct 11  
**Time:** 10:00-11:00 AM  
**Fee:** \$22, \*Resident \$15  
**Register by:** Oct 2  
**Code:** 12834

## Kids' Club

AGES 3-5

Instructor, Lisa London, will provide creative activities for your child. With her background in early childhood education, this course promises to be a fun, positive experience. Activities include: games, stories, music, finger plays and arts and crafts. Children must be potty trained.

**Site:** Brookview Community Center  
**Time:** 9:30-11:00 AM  
**Fee:** \$50, Resident \$45

### MON/WED

**Date:** Sept 8-Oct 15  
**Code:** 12852

**Date:** Oct 20-Dec 3 (No Nov 24 & 26)  
**Code:** 12854

### TUE/THU

**Date:** Sept 9-Oct 21 (No Sept 25)  
**Code:** 12853

**Date:** Oct 23-Dec 16 (No Nov 4, 11, 25 & 27)  
**Code:** 12855



## Imagination Movers

AGES 3-10

Calling all boys and girls ages 3-10 who are eager to express themselves through movement and discover ways of moving. Creative dance provides an alternative to the classical rules and set structure of ballet, tap, and jazz. Individual's creativity and freedom of expression are encouraged as they explore dance principles of time, space, and energy and work towards mastery of movement. Creative dance students wear comfortable clothing that allows for action and dance in bare feet. An informal show will take place at the final class. \*Resident fee applies to Crystal, Golden Valley and Robbinsdale.

### AGES 3-5

**Site:** Crystal Community Center  
**Date:** Mon, Oct 6-Dec 8  
**Time:** 10:30-11:30 AM  
**Fee:** \$79, \*Resident \$72  
**Code:** 12849  
**Register by:** Sept 29

### AGES 6-10

**Site:** Crystal Community Center  
**Date:** Mon, Oct 27-Nov 17  
**Time:** 6:00-7:00 PM  
**Fee:** \$39, \*Resident \$30  
**Code:** 12848  
**Register by:** Oct 17

## "Happy Birthday" Party

Ages 3+

Celebrate your child's birthday with Annette Fragale, a popular children's entertainer and host of the award winning cable show, "The Magic Book Nook." She'll present a program filled with stories, games, music and magic. Parents provide food, favors, decorations and supervision. Fee of \$150 includes 3-hour block of time at Brookview. Call 763-512-2345 for more information.





# youth activities continued

## Remarkable Reptiles

by Science Explorers

AGES 3½-6

Preschoolers ages 3 ½-6, do you wonder why reptiles have scales or if snakes are really slimy? What do reptiles in Minnesota do in order to survive cold winters? We'll answer these questions and investigate the remarkable reptile world! Learn about four reptile families including snakes, turtles, crocodiles and a unique New Zealand reptile whose tongue glows in the dark! \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

Site: New Hope Ice Arena

Date: Wed, Oct 8-22

Time: 9:30-11:00 AM

Fee: \$43, \*Resident \$36

Register By: Oct 1

Code: 12835



## Fun on the Farm

by Science Explorers

AGES 3½-6

Preschoolers ages 3 ½-6, join Science Explorers and learn about life on the family farm! Discover how farmers grow food and how weather affects the process. Investigate the animals that make a farm their home and learn about unique animals now found on Minnesota farms. We'll create art projects, play games, sing songs and more as we learn about fun on the farm! \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

Site: New Hope Ice Arena

Date: Wed, Dec 3-17

Time: 9:30-11:00 AM

Fee: \$43, \*Resident \$36

Register By: Nov 26

Code: 12837



## Sloppy, Goopy, Slimes!

by Science Explorers

GRADES K-5

Youth in grades K-5, join us on your non-school day for some ooey, goopy, slimy fun! Explore the properties of a polymer by making and experimenting with different slimes, including one that glows in the dark! Come prepared to have fun and get messy! \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

Site: New Hope Ice Arena

Date: Mon, Nov 10

Time: 9:30-11:00 AM

Fee: \$24, \*Resident \$17

Register By: Nov 3

Code: 12836

## Fall Insect Collecting

by Three Rivers Park District

ALL AGES WITH AN ADULT

Grab a net and discover where the insects are hiding at Wesley Park. Search for late fall dragonflies, photograph lady bugs for the Lost Ladybug Project, and try to win a prize for the largest grasshopper caught! Fall is all about survival for your favorite creepy crawlies, find out their strategy while having a bit of fall fun. Open to all ages, but not a drop off program. Children must be accompanied by an adult.

Site: Wesley Park

Date: Sat, Sept 27

Time: 2:00-3:00 PM

Fee: \$23, Resident \$18

Code: 12918



## Kids Yoga & Mindful Movement

AGES 4-8

Yoga is for EVERYBODY! Boys and girls will have fun exploring yoga poses and playing group games. Each class will start and end with a stillness or calming activity. Through yoga, children will learn how to tune into their bodies, enhance imagination and move their bodies in a non-competitive environment. Studies have shown that children who practice yoga have increased concentration, fewer behavior outbursts, and improved coping skills. Yoga mats will be available for use. Please arrive on time and have participants wear clothing suitable for movement. Class taught by Cindy Margolis.

Site: Brookview Community Center

Time: 10:00-10:45 AM

Date: Sat, Sept 6-20

Fee: \$47, Resident \$42

Code: 12945

Date: Sat, Nov 15-Dec 13 (No Nov 29)

Fee: \$60, Resident \$55

Code: 12944





## Video Game Creation

AGES 5-9

Youth can create their own platform video games in this cool class! Choose your storyline with dragons, princess, or wild wacky aliens; add challenges and levels of difficulty, then share by e-mail or post on the web to challenge family and friends. Games will be in an animated flash format, viewable in most internet browsers. Bring a flash drive to the last class. \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

**Site:** Crystal Comm Center    **Fee:** \$69, \*Resident \$62  
**Date:** Tue, Dec 2-16    **Register by:** Nov 25  
**Time:** 6:00-8:00 PM    **Code:** 12824

## Star Wars Video Game Design

AGES 7-10

Don't just play games. Create them! Create and learn to modify our Star Wars language, developed by MIT that makes it easy to create interactive art, stories, simulations and 2D arcade-styled games. Students working in pairs will be walked through step-by-step tutorials to create 2 sprites. With time remaining, they will be challenged to modify or improve the games created in class. Bring a USB drive on the last day or games can be emailed to parents. \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

**Site:** Crystal Comm Center    **Fee:** \$69, \*Resident \$62  
**Date:** Sat, Sept 27-Oct 4    **Register by:** Sept 19  
**Time:** 9:00 AM-12:00 PM    **Code:** 12822

## Javascript Game Coding

AGES 8-13

In this class, you'll learn programming using nothing more than a browser, and see cool, 3D results as you type. You'll learn real programming skills in a real programming language: JavaSc the web. You'll start by building simple animated shapes, then make your own players! You'll learn how to build your Drive every day. \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

**Site:** Crystal Comm Center    **Fee:** \$69, \*Resident \$62  
**Date:** Tue, Nov 4-18    **Register by:** Oct 27  
**Time:** 6:00-8:00 PM    **Code:** 12823

## Tap & Ballet AGES 4+

Students will enjoy learning dance routines to a variety of music. Basic dance skills will be taught in the beginning and intermediate classes. Experienced dancers work on more advanced tap, ballet and jazz routines. Please wear comfortable clothing such as leotard & tights or shorts, please NO jeans. Students provide their own tap and ballet shoes, black is the preferred color. In order to perform in the spring recital students are required to attend BOTH sessions 2 and 3. This is to ensure costume ordering and instruction time needed. Costumes are ordered in December for the recital and fees are collected prior to ordering. The cost of the costumes is kept to a minimum and only one costume per student. Parent viewing will only be allowed at the last class of sessions 1 and 2 only. Instructed by Toni Nelson, who has taught in Golden Valley since 1974, and Nicki Cullen, Toni's daughter, has been teaching with Toni since 1992. **NOTE:** Instructor approval needed for Master and Advanced classes.

**Site:** Brookview Community Center    **Fee:** \$46, Resident \$41  
**Tentative Rehearsal/Recital Dates:** Sat, April 11 & 18 - Final dates TBD

**Session 1:** Sat, Sept 13-Nov 8 (No Oct 18)  
 \*Sept 27 & Oct 4 held at Davis Community Center

**Session 2:** Sat, Nov 22-Jan 31 (No Nov 29, Dec 27, Jan 3)

**Session 3:** Sat, Feb 7-April 11 (No Feb 14, April 4)

## BALLET

Level	Time	Code
<b>Beginner (Ages 4-6)</b>	8:00-8:30 AM	*Session 1 - 12858 Session 2 - 12859 Session 3 - 12860
<b>Intermediate (Ages 7+)</b>	9:00-9:30 AM	*Session 1 - 12861 Session 2 - 12862 Session 3 - 12863
<b>Advanced</b>	10:00-10:30 AM	*Session 1 - 12864 Session 2 - 12865 Session 3 - 12866
<b>Master</b>	11:00-11:30 AM	*Session 1 - 12867 Session 2 - 12868 Session 3 - 12869

## TAP

Level	Time	Code
<b>Beginner (Ages 4-6)</b>	8:30-9:00 AM	*Session 1 - 12870 Session 2 - 12871 Session 3 - 12872
<b>Intermediate (Ages 7+)</b>	9:30-10:00 AM	*Session 1 - 12879 Session 2 - 12880 Session 3 - 12881
<b>Advanced</b>	10:30-11:00 AM	*Session 1 - 12873 Session 2 - 12874 Session 3 - 12875
<b>Master</b>	11:30 AM-12:00 PM	*Session 1 - 12876 Session 2 - 12877 Session 3 - 12878



# youth activities continued

## Drama Club

AGES 6-17

Our fall Drama Club will continue its long history of exciting productions! We'll focus on preparing and performing a play to be showcased on Thursday, December 11 at 7:00 PM. All participants must be able to participate in the final performance. Instructor has extensive training in theatre, film and advertising.

**Site:** TBD

**Fee:** \$67, Resident \$61

### AGES 6-12

**Date:** Tue/Thu, Sept 16-Dec 11

(No Oct 16, Nov 27)

**Time:** 6:15-7:30 PM

**Code:** 12888

### AGES 13-17

**Date:** Tue/Thu, Sept 16-Dec 11

(No Oct 16, Nov 27)

**Time:** 7:30-8:45 PM

**Code:** 12889



## Magic for All Ages

AGES 10+

Dazzle your friend and family with amazing magic illusions. Even if you are all thumbs you can master these easy to learn secrets of professional magicians. You can be the life of every party! All materials are included in the fee. Annette Fragale performs at county fairs, corporate events, libraries, private parties, etc. She is host of the award winning TV show, "The Magic Book Nook."

**Site:** Brookview Community Center

**Date:** Thu, Oct 2 & 9

**Time:** 6:00-8:00PM

**Fee:** \$35, Resident \$30

**Code:** 12882

## Slacklining & Rockclimbing

by Three Rivers Park District

AGES 9-14

Come join us for these awesome activities. Part of the morning will be spent slacklining, a practicing balance: think of it as a cross between tightrope walking and using a trampoline! The other part of the morning will be spent learning about techniques and equipment used for rock climbing. You'll have a chance to see how high you can climb on a 25 ft climbing wall. All equipment and instruction provided by Three Rivers Park District. Must provide own transportation to and from site. Waiver needed to participate. Participants will receive in advance. \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

**Site:** French Regional Park  
(12605 Co Rd 9, Plymouth)

**Date:** Thu, Oct 16

**Time:** 9:00-11:00 AM **Fee:** \$23, \*Resident \$18

**Register by:** Sept 26 **Code:** 12916



## American Red Cross Babysitting Training

AGES 11-15

This course will include fun activities, exciting videos, lively discussions and real-life problem solving situations. Participants must be 11 years old by the day of class. Participants will learn: Safety and Safe Play; Basic Care: Feeding and diaper changing; First Aid: Every babysitter needs to know what to do if an accident happens; Leadership: How do you have fun with the kids, but stay in control; Professionalism: What should you ask during a babysitting interview? **Participants provide own lunch and snack.**

**Site:** Brookview Community Center

**Time:** 8:00 AM-4:30 PM

**Fee:** \$82, Resident \$77

**Date:** Sat, Sept 20

**Code:** 12883

**Date:** Sat, Oct 4

**Code:** 12884

**Date:** Sat, Nov 1

**Code:** 12885

**Date:** Sat, Dec 13

**Code:** 12886

**Date:** Sat, Jan 3

**Code:** 12887

## Private Piano Lessons AGES 7+

These 30-minute lessons are taught by qualified and experienced teachers. You will learn basic and advanced keyboard techniques, sight reading, music theory and ensemble playing. \*Resident fee applies to Brooklyn Park, Golden Valley, Maple Grove, New Hope and Plymouth.

**TO REGISTER:** Call 763-509-5224 to establish a lesson time. After you establish a lesson, call the Recreation office to register over the phone with Visa or MasterCard.

**Site:** Brookview Community Center

**Available Times:** 3:30-9:00 PM

### INSTRUCTED BY JULIE PRUSE

**Date:** Tue, Sept 9-Oct 21

**Fee:** \$157, \*Res \$147

**Code:** 12895

**Date:** Tue, Oct 28-Dec 16 (No Nov 4)

**Fee:** \$167, \*Res \$157 (includes recital fee)

**Recital:** Dec 20 & 21

**Code:** 12893



### INSTRUCTED BY MILA MARON

**Date:** Mon, Sept 8-Oct 20

**Fee:** \$157, \*Res \$147

**Code:** 12896

**Date:** Wed, Sept 10-Oct 22

**Fee:** \$157, \*Res \$147

**Code:** 12897

**Date:** Mon, Oct 27-Dec 15 (No Nov 10)

**Fee:** \$167, \*Res \$157 (includes recital fee)

**Recital:** Dec 20 & 21

**Code:** 12898

**Date:** Wed, Oct 29-Dec 17 (No Nov 26)

**Fee:** \$167, \*Res \$157 (includes recital fee)

**Recital:** Dec 20 & 21

**Code:** 12894

# youth sports

## Little Tigers Self Defense

AGES 3-5

Children will learn basic self defense and martial arts skills at this Little Tigers class! Learn basic kicks and punches while working on developing coordination and flexibility. Instructor Tom Malone will promote focus, discipline and respect. \*Resident fee applies to Golden Valley, New Hope and St. Louis Park.

### MORNING

**Site:** New Hope Ice Arena  
(4949 Louisiana Ave N)  
**Date:** Tue, Sept 30-Nov 18  
**Time:** 10:00-10:30 AM  
**Fee:** \$76, \*Resident \$69  
**Code:** 12847  
**Register by:** Sept 23

### EVENING

**Site:** Davis Community Center  
**Time:** 5:45-6:15 PM  
**Fee:** \$54, \*Resident \$49  
**Date:** Tue, Sept 2-30  
**Code:** 12838  
**Date:** Tue, Oct 7-Nov 11 (No Nov 4)  
**Code:** 12839  
**Date:** Tue, Nov 18-Dec 16  
**Code:** 12840

## Tae Kwon Do

ALL AGES WELCOME!

This program will teach discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape. \*Resident fee applies to Golden Valley, New Hope and St. Louis Park.

**Site:** Davis Community Center  
**Fee:** \$64, \*Resident \$59

### BEGINNER

**Time:** 6:15-7:00 PM  
**Date:** Tue, Sept 2-30  
**Code:** 12841  
**Date:** Tue, Oct 7-Nov 11 (No Nov 4)  
**Code:** 12843  
**Date:** Tue, Nov 18-Dec 16  
**Code:** 12845

### ADVANCED

**Time:** 7:00-7:45 PM  
**Date:** Tue, Sept 2-30  
**Code:** 12842  
**Date:** Tue, Oct 7-Nov 11 (No Nov 4)  
**Code:** 12844  
**Date:** Tue, Nov 18-Dec 16  
**Code:** 12846

## Samurai Sword Play

AGES 5+

A safe and fun class for youth and all ages to learn proper sword techniques while having fun. Sword sparring with weighted foam safety swords, staff training and nunchaku will be taught in a progressive curriculum that goes in a six belt system leading to black belt. Weapons for class will be provided by instructor. Uniform and weapons will be available for purchase but not required. Taught by Master Tom Malone.

**Site:** Davis Community Center  
**Date:** Sat, Sept 13-Oct 11  
**Time:** 12:30-1:15 PMPM  
**Fee:** \$64, Resident \$59  
**Code:** 12965

## Cheer America

AGES 4-16

Cheer America is a non-profit corporation that offers cheerleading and dance programs to youth. Students will learn popular school cheers, chants, choreographed pom/dance routines, marching techniques and other skills required for cheerleading tryouts. The program promotes physical fitness, personal esteem, working as a team and respect for authority. Students also get to participate in clinics, competitions, special performances and march in parades throughout the state. At the end of the program, students will perform a group recital. Students receive a certificate and medal.

**Register at Davis Community Center on Tue, Sept 23 from 6:30-7:30 PM.**

**Site:** Davis Community Center  
**Fee:** \$4 enroll fee, plus \$6/night at door

### AGES 4-8

**Date:** Tue, Sept 30-Dec 16 (No class Nov 4)  
**Time:** 6:00-6:45 PM

### AGES 9-16

**Date:** Tue, Sept 30-Dec 16 (No class Nov 4)  
**Time:** 7:00-7:45 PM

## Amazing Athletes AGES 3-6

This program gives every child the chance to learn the fundamentals of many different sports along with hand-eye coordination, gross motor skills and cognitive development. These sampler classes will include the following sports rotating every week: baseball, basketball, volleyball, football, golf, soccer, lacrosse, hockey, and tennis. \*Resident fee applies to Crystal, Golden Valley, New Hope, Robbinsdale.

**Site:** Crystal Community Center **Fee:** \$45, \*Resident \$38

**Date:** Thu, Sept 25-Oct 16  
**Register by:** Sept 17  
**Time:** 5:00-5:45 PM  
**Code:** 12910  
**Date:** Thu, Oct 30-Nov 20  
**Register by:** Oct 29  
**Time:** 5:00-5:45 PM  
**Code:** 12912  
**Date:** Tue, Nov 18-Dec 16  
**Code:** 12909





# youth sports continued

## Volleyball

AGES 6-12

Emphasis on 4 main skills of volleyball; serve, bump, set and spike. Age appropriate activities to maximize enjoyment and foster learning. \*Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.

**Site:** Crystal Community Center

**Date:** Mon, Oct 27-Dec 1

**Time:** 4:45-5:30 PM - Ages 6-8

5:30-6:15 PM - Ages 9-12

**Fee:** \$62, Resident \$57

**Ages 6-8 Code:** 12968

**Ages 9-12 Code:** 12969

## Fencing Class

AGES 6-12

Learn how to fence in this 6 week class provided by MN Sword Play. You will learn how to safety foil fence while focusing on skill building, social and perceptual growth, self discipline and concentration. All equipment is provided. \*Resident fee applies to Golden Valley, Crystal, New Hope and Robbinsdale residents.

**Site:** New Hope Community Gyms  
(8230 47th Ave N)

**Date:** Mon, Sept 29-Nov 3

**Time:** 6:00-7:00PM

**Fee:** \$70, \*Resident \$63

**Code:** 12856

## Rink Rat Hockey for Boys & Girls AGES 7-14

Cooperative outdoor hockey league with other surrounding suburbs. League will begin with 2 practices and the rest of the season will be instructional games, without goalies. Some games will be played in other communities. Leagues divided into age divisions (7-9, 10-12 and 13-14 years). Teams may be combined with other communities. Jersey and participation award are provided. Friday practices and games will be 6:30 or 7:30 PM. Sunday practices and games will be 4 or 5 PM. January 4 & 9 will be practices, with the remaining days for games. Specific schedule will be available to participants by January 4.

### Participants must supply own equipment:

Hockey skates, hockey stick, helmet with mask, mouth guard, shin pads, hockey gloves, elbow pads, and protective cup (if applicable).

**Site:** Wesley Park and/or rinks in surrounding suburbs

**Date:** Fri evening & Sun afternoon, Jan 4-Feb 8

**Fee:** \$45, Resident \$40

**Register by:** Dec 12

**Ages 7-9 Code:** 12890

**Ages 10-12 Code:** 12891

**Ages 13-14 Code:** 12892

## Blizzard Ski & Snowboard School AGES 6-18

Experience the ultimate in skiing, snowboarding and racing instruction from beginners to experts! At seven different metro ski and snowboard areas, our top quality adult staff will teach you to improve your skiing or boarding on groomed runs and terrain parks. You provide your own food and gear (season long rentals are available), we provide the rest! Bus pick up location at LeeAnn Chin (7650 Hwy 55 and Rhode Island) at 8:00 AM on Saturdays or Sundays and returns by 5:30 PM (approx). For more information or registration materials, please contact Blizzard Ski and Snowboard School at 763-559-3343 or [www.blizzardmn.com](http://www.blizzardmn.com). Blizzard Ski and Snowboard School is an independent business and not affiliated with the City of Golden Valley. This information is provided as a service to residents of Golden Valley.

## Golf & Lawn Bowling

AGES 7-16

Roll over to Brookview Golf Course for a day of lessons, plus a round of golf and lawn bowling. Participants will spend time with the golf pro to work on their game. Following the lesson, you will play the nine hole golf course, have lunch and end the day with lawn bowling. Lunch is provided, with golf clubs and golf balls for those who need them.

**Site:** Brookview Golf Course

**Date:** Fri, Oct 17

**Time:** 9:00 AM-2:30 PM

**Fee:** \$29, Resident \$24

**Code:** 12913

## Disc Golf

by Three Rivers Park District

AGES 8+

Learn different throwing techniques, rules of the game, and play a round on our customized course. Run in cooperation with Three Rivers Park District.

**Site:** Wesley Park

**Date:** Sat, Sept 13

**Time:** 4:00-6:00 PM

**Fee:** \$23, Resident \$18

**Code:** 12917



## Basketball Winter Warm-up for Boys & Girls

GRADES 2-6

Looking to improve your skills and fundamentals before the season starts? The Winter Warm-up, in cooperation with Crystal/Golden Valley and Hoopstars, is the opportunity you are looking for. Offense... Defense... Dribbling... Passing... Shooting... and Sportsmanship are all key elements to basketball, and our basketball coach, Ron Behl, will help get you ready for the upcoming league. It is also a great time to learn the game of basket-ball for the first time. \*Resident fee applies to Golden Valley and Crystal.

### GRADES 2-3

**Site:** Davis Comm Center  
**Date:** Wed, Nov 5-Dec 17  
*(No class Nov 26)*  
**Time:** 6:00-7:30 PM  
**Fee:** \$52, \*Resident \$45  
**Register by:** Oct 26  
**Code:** 12907

### GRADES 4-6

**Site:** Forest Elementary, Crystal  
**Date:** Mon, Nov 3-Dec 8  
**Time:** 6:00-7:30 PM  
**Fee:** \$52, \*Resident \$45  
**Register by:** Oct 26  
**Code:** 12908

## Hoopstars Basketball Camp

GRADES K-1

Youth in kindergarten and first grade learn and develop new skills and advance their games in this FUNdamentals-based basketball camp. Limited class size will offer the best in personalized instruction to each player. This camp will be led by our own basketball guru, Ron Behl. \*Resident fee applies to Golden Valley and Crystal.

**Site:** Davis Community Center  
**Date:** Mon/Wed, Oct 6-22  
**Time:** 6:00-7:30 PM

**Fee:** \$52, \*Resident \$44  
**Register by:** Sept 26  
**Code:** 12905

## High Performance Basketball Camp

GRADES 4-6

Designed for players who want to push their game to a higher level. Previous Hoopstars camp experience preferred, but not necessary. Only for the most serious players that are willing to give the extra effort to excel. Camp will consist of nine hours of total instruction by Hoopstars-qualified coaches. Players will be tested on advanced skills during the camp. Open to both boys and girls. \*Resident fee applies to Golden Valley and Crystal.

**Site:** Forest Elementary, Crystal  
**Date:** Fri, Nov 7-Dec 19  
*(No class Nov 28)*  
**Time:** 6:00-7:30 PM

**Fee:** \$52, \*Resident \$45  
**Register by:** Oct 25  
**Code:** 12906



## Youth Basketball Leagues GRADES 2-7

This is a recreational basketball league that will focus on teaching the skills of basketball, playing as a team, and teaching good sportsmanship. Standings are not kept and there is no tournament play. Teams are coached by volunteers. Practices begin mid-January, with days and times varying due to gym and coach availability. Coaches will call team members after January 4 with practice times. Scrimmage Day will be January 17, with games beginning January 24 through March 7. Register your child for the correct division based on his/her grade. Players are allowed to play one grade level up. We will not make exceptions. Two players may request to play together. We reserve the right to: limit the number of players per team, combine divisions if registration is not sufficient, and cancel a team if a volunteer coach cannot be found. Program is co-sponsored with the Cities of Golden Valley, Robbinsdale, and St. Louis Park and will include teams from all cities. \*Resident fee applies to cities listed above.

### PRACTICES

**Site:** Davis Community Center **Date:** Begin mid-January

### GAMES

**Sites:** Crystal & Davis Comm Center **Dates:** Jan 24-March 7

**Fee:** \$62, \*Resident \$55

**Register by:** Dec 12

<b>Boys Grade 2</b>	<b>Code:</b> 12899
<b>Boys Grade 3</b>	<b>Code:</b> 12900
<b>Boys Grade 4-5</b>	<b>Code:</b> 12901
<b>Boys Grade 6-7</b>	<b>Code:</b> 12951
<b>Girls Grade 2-3</b>	<b>Code:</b> 12902
<b>Girls Grade 4-5</b>	<b>Code:</b> 12903
<b>Girls Grade 6-7</b>	<b>Code:</b> 12952

### COACHES NEEDED!

Get your child's team off to a good start and volunteer to be a coach. Volunteer's are necessary for the success of the program and will get their child's registration fee reimbursed at the end of the season.



## School's Out! Open Gyms

Nov 3, 26 & Dec 22, 23, 29, 30

Davis Community Center will have Open Gym on Court 1 on No-School days. Balls provided.

**Site:** Davis Community Center

**Fee:** \$4/visit or \$28/10-time punch pass

### FAMILY GYM TIME - 1:00-3:00 PM

OPEN TO ALL WITH ADULT

Scooters, soccer balls, basketball and more! Adult is free with child.

### YOUTH OPEN GYM - 3:00-5:30 PM

AGES 11+

Shoot hoops, practice volleyball skills, play a game of catch or work on dribbling skills.



# youth art activities

## Glow in the Dark Halloween Craft

by Kidcreate Studio

AGES 18 MONTHS-6 WITH ADULT

Together you and your child ages 18 months-6 years will create an adorable Halloween scene featuring spooky ghosts flying through a swirly, starry night sky that glows in the dark! Children are welcome to wear their Halloween costumes to class. \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

**Site:** Crystal Community Center

**Date:** Sat, Oct 25

**Time:** 9:00-9:45 AM

**Fee:** \$20, \*Resident \$13

**Register by:** Oct 17

**Code:** 12826



## Twinkle, Twinkle Little Star Art Class

by Kidcreate Studio

AGES 18 MONTHS-5 WITH ADULT

Parents and children, come and sing along with us as we create art inspired by this favorite nursery rhyme. A little magic (glow-in-the-dark paint) will enable your young artist's masterpiece to come to life after dark! Come and create right along with your child. \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

**Site:** Crystal Community Center

**Date:** Tue, Nov 4

**Time:** 9:30-10:15 AM

**Fee:** \$20, \*Resident \$13

**Register by:** Oct 27

**Code:** 12827

## Turkey Plate

AGES 2-6 WITH ADULT

Wow your guests on Thanksgiving by using a hand-painted serving plate. You and your child will create a turkey plate using their handprint and a few other techniques to add finishing touches. Color Me Mine will glaze and fire the piece so that is ready to serve your Thanksgiving meal and will be available for pick-up by November 17. **Program starts promptly at 9:30 AM.** Participants may not need the full hour and a half to complete their project and can leave once they have completed their project. \*Resident fee applies to Crystal, Golden Valley and Robbinsdale.

**Site:** Crystal Community Center

**Date:** Thu, Oct 30

**Time:** 9:30-11:00 AM

**Fee:** \$29, \*Resident \$22

**Register by:** Oct 16

**Code:** 12829



## Little Monsters Candy Bowl

AGES 2-8 WITH ADULT

Create a personalized candy bowl featuring your own little monsters! We will use handprints and footprints to make ghosts, witches, and monsters. Each piece of pottery will be clear glazed and fired by Color Me Mine staff, and will be available for pick-up by October 20, so that it is ready to fill with candy for Trick-or-Treating. **Program starts promptly at 9:30 AM.** Participants may not need the full hour and a half to complete their project and can leave once they have completed their project. \*Resident fee applies to Crystal, Golden Valley and Robbinsdale.

**Site:** Crystal Community Center

**Date:** Sat, Oct 4

**Time:** 9:30-11:00 AM

**Fee:** \$37, \*Resident \$30

**Register by:** Sept 25

**Code:** 12828



## Cinderella Dreams Art Class

by Kidcreate Studio

AGES 3-5

Who's your child's favorite princess? If it's Cinderella, then this art class will be a dream come true. Children will create a masterpiece using paint, Model Magic and other art materials as we turn Cinderella's pumpkin into a beautiful coach. This is a drop-off program, but parents are welcome to stay if they wish. \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

**Site:** Crystal Community Center

**Date:** Mon, Sept 29

**Time:** 9:30-11:30 AM

**Fee:** \$29, \*Resident \$22

**Register by:** Sept 19

**Code:** 12825



## Messy Halloween Art Class

by Kidcreate Studio

AGES 5-10

We'll use plaster, paint and more simply sloppy supplies to make a project that's way too messy to do at home! We'll become masters at making a mess, learn some pretty cool stuff— and start getting really excited about Halloween as we create a portrait of a messy monsters! The children are welcome to wear their Halloween costumes to class! \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

**Site:** Crystal Community Center

**Date:** Sat, Oct 25

**Time:** 10:15 AM-12:15 PM

**Fee:** \$29, \*Resident \$22

**Register by:** Oct 17

**Code:** 12830



## Star Wars R2D2 Creation

by Kidcreate Studio

AGES 5-10

Obi Wan Kenobi and Anakin would be proud of the Star Wars masterpiece your Jedi will create in this class. The kids will be constructing their own mini R2D2 out of Model Magic clay. Leave the light sabers at home, our creativity will be our weapon of choice. May the force be with you! \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

**Site:** Crystal Community Center

**Date:** Mon, Nov 10

**Time:** 1:00-3:00 PM

**Fee:** \$29, \*Resident \$22

**Register by:** Oct 31

**Code:** 12833

## Frozen Art Class

by Kidcreate Studio

AGES 5-10

Come experience the magic of winter in a whole new way! This highly anticipated camp inspired by the Disney movie *Frozen*, will entertain and delight your child. They will love creating snow globes, clay sculptures, sparkly castle scenes and more all featuring their favorite characters from the movie. The kids will get to work with a variety of different art supplies as they create masterpieces fit for royalty! \*Resident fee applies to Crystal, Golden Valley, New Hope and Robbinsdale.

**Site:** Crystal Community Center

**Date:** Thu-Fri, Oct 16-17

**Time:** 1:30-3:30 PM

**Fee:** \$49, \*Resident \$42

**Register by:** Oct 8

**Code:** 12832



## Rudolph the Red-Nosed Reindeer Art Class

AGES 5-12

Who's the most famous reindeer of all? Rudolph of course! Model Magic clay will be used to create this adorable reindeer, red nose and all.

\*Resident fee applies to Crystal, Golden Valley and Robbinsdale.

**Site:** Crystal Community Center

**Date:** Sat, Dec 13

**Time:** 9:30-11:30 AM

**Fee:** \$29, \*Resident \$22

**Register by:** Nov 1

**Code:** 12831





# westwood hills nature programs

Westwood Hills Nature Center is a 160-acre natural area in St. Louis Park located just south of I-394 and east of Hwy 169. Parking and admission are free. It features marsh, woods and restored prairie. Wood chipped, boardwalks and hard surface accessible trails are open from dawn to dusk year-round. Naturalists conduct year-round programs to educate their visitors of our natural world.

**8300 W. Franklin Ave, St. Louis Park, MN 55426 • 952-924-2544**  
**[www.westwoodhillsnaturecenter.org](http://www.westwoodhillsnaturecenter.org)**

## Honey Harvest

**ALL AGES WITH AN ADULT**

Buzz on down to Westwood and uncap the lives of honeybees. Visit with our honeybees for a look at life in a six-sided world. Find out how honey is extracted from combs, go for a pollination hike, make a candle and get your taste buds ready for a sweet surprise.

**Site:** Westwood Hills Nature Center

**Date:** Sat, Sept 13

**Time:** 2:00-4:00 PM

**Fee:** \$8

**Code:** 12953



## 33rd Annual Halloween Party

**Friday, October 17 or Saturday, October 18**

**ALL AGES WITH AN ADULT**

The creatures at Westwood have nature games, refreshments and special activities waiting for you and your family. We offer two decorated theme trails: Mother Nature's Trail for those who prefer bright, friendly creatures handing out treats and Mystery Mini Golf for those looking to play a round of golf in the dark woods at night. Pre-registration is required for each adult and child age 2+. Ages 2 and under are free. In-person ticket sales are available at Westwood Hills and Brookview Community Center.

**Site:** Westwood Hills Nature Center

**Time:** 6:30-9:00 PM

**Fee by Oct 10:** \$9 (tickets will be mailed)

**Fee after Oct 10:** \$11 (must be purchased in person)

**Date:** Fri, Oct 17

**Code:** 12956

**Date:** Sat, Oct 18

**Code:** 12957



## DID YOU KNOW?

20% OF WESTWOOD HILLS NATURE CENTER IS IN GOLDEN VALLEY!

## Puppet Story Time

**ALL AGES WITH AN ADULT**

Join us for a morning of learning and fun. Each Story Time the puppets will lead you through books, skits, songs and more to learn about the animals that call Westwood their home.

**Site:** Westwood Hills Nature Center

**Fee:** \$5

**BEEES MAKE HONEY**

**Date:** Fri, Sept 12

**Time:** 10:00-11:00 AM

**Code:** 12954

**CREEPY CRAWLY ANIMALS**

**Date:** Sat, Oct 25

**Time:** 3:00-4:00 PM

**Code:** 12955

## Tuesday Turtles AGES 4-5

Here's a great opportunity for preschoolers to learn lots about nature in a fun, interactive environment. Zany puppets, engaging stories, outdoor discovery hikes, creative arts and nature games are just some of the many ways in which preschoolers stay actively involved from the time they arrive 'til the time they leave! Each class explores a new theme and is led by Westwood's outstanding Naturalists. Sign-up for one or both sessions.

**Site:** Westwood Hills Nature Center

**Time:** 1:00-3:00 PM

**Fee:** \$45

**Date:** Tue, Sept 9-30

**Code:** 12958

**Date:** Tue, Oct 7-Nov 4

**Code:** 12959

(No Oct 14)

## Fall Color Paddle on Westwood Lake

**AGES 5+ WITH AN ADULT**

Spend an autumn afternoon exploring Westwood Lake by canoe. Meet at the Nature Center and enjoy a fall hike with the naturalist to our canoe launch on the north side of the lake. Instruction in basic canoeing strokes and boating safety will be included. Canoes, paddles and life jackets provided. NOTE: 1-2 adults with 1-2 children maximum per canoe.

**Site:** Westwood Hills Nature Center

**Date:** Sat, Oct 4

**Time:** 2:30-4:30 PM

**Fee per canoe:** \$22

**Code:** 12960





## Beginning Archery

AGES 7+ WITH AN ADULT

Here's your chance to learn and practice how to shoot a bow and arrow! Instruction will be given on the history of archery, and the proper way to shoot a bow and arrow safely. Bows, arrows and targets will be provided. There's a 10 minute hike to our archery range and back.

**Site:** Westwood Hills Nature Center

**Date:** Sat, Sept 27 **Fee:** \$10

**Time:** 11:00 AM-1:00 PM

**Code:** 12961

**Time:** 2:00-4:00 PM

**Code:** 12962



## Autumn Evening Archery

AGES 18+

Enjoy this time to learn and/or refine your archery technique. Bows, arrows, and targets will be provided as well as an archery safety refresher. Throughout the evening enjoy refreshing drinks and treats. There's a 10 minute hike to our archery range and back. Come alone or bring a friend and enjoy the sport of archery!

**Site:** Westwood Hills Nature Center

**Date:** Sat, Sept 27

**Time:** 5:00-7:00 PM

**Fee:** \$12

**Code:** 12946

## target & xcel center events

The cities of Brooklyn Center, Crystal, Golden Valley, Robbinsdale and New Hope are joining together to offer great ticket deals for these events. This is for children and adults of all ages! A limited number of tickets are available; however, 15 tickets need to be sold to ensure the group rate. Participants supply their own transportation. \*Resident fee applies to above listed cities.

**TICKET PICK-UP:** Participants will be notified when tickets are available for pickup at the Recreation office.

### Disney Live Presents "Mickey Music Festival" at Target Center

Mickey Mouse and friends rock the world in this fun musical festival! Disney hits are remixed to the hottest sounds of today featuring hip hop, pop, swing, rock, country and more! The lineup of performers includes more than 25 Disney stars including Mickey, Minnie, Donald, Goofy, Ariel, Sebastian, Jasmine, Aladdin, Woody, Buzz and more! Come join them for a lively concert experience that will deliver rockin' memories to last a lifetime! Under age 1 are free! Register by September 24.

**Date:** Sun, Oct 12

**Time:** 4:00 PM

**Fee:** \$26, \*Resident \$21

(lower level upper rows & upper level)

**Code:** 12820

### Disney on Ice Presents "Worlds of Fantasy" at Xcel Center

Rev up for non-stop fun with your favorite Disney stories! Thrill to high speed stunts as Lightning McQueen, Mater and the crew of Disney Pixar's Cars race across the ice. Dive into The Little Mermaid's enchanting undersea kingdom and enter the mystical world of Pixie Hollow with Tinker Bell and the Disney Fairies! The toys are back with heroic action when Buzz Lightyear, Woody, Jessie and the Toy Story gang escape from the rambunctious tots of Sunnyside Daycare! Children under 2 are free. Register by November 25.

**Date:** Sat, Dec 13

**Time:** 7:00 PM

**Fee:** \$30, \*Resident \$25 (section 116)

**Code:** 12821

### Disney on Ice Presents "Frozen" at Target Center

Enter a fantastical winter wonderland at Disney on Ice presents Frozen! The Academy Award winning movie is LIVE and coming to Minneapolis with dazzling special effects, astonishing skating and inspiring songs like "Let it Go." Join Elsa and Anna, Olaf, Kristoff, his reindeer Sven, hosts Mickey Mouse and Minnie Mouse and many more of your favorite Disney characters for this unforgettable celebration of love and friendship! Register by September 29.

**Date:** Sun, April 12

**Time:** 3:00 PM

**Fee:** \$35, \*Resident \$30 (section 201 & 240)

**Code:** 12943



# adaptive recreation programs

The adaptive recreation program is a cooperative effort of cities of Brooklyn Park, Brooklyn Center, Golden Valley, Maple Grove, Plymouth, and REACH for Resources. REACH is an agency which serves individuals with developmental disabilities and their families in the West and Northwest metro area.

**952-988-4177**

**[www.reachforresources.org](http://www.reachforresources.org)**



**INCLUSION SUPPORT** REACH For Resources provides inclusion facilitators for children and adults with disabilities who would like to participate in their city park and recreation programs. Registration for these programs is done through your Park and Recreation Department. After registering, contact REACH to discuss the needs/accommodations for yourself or your child. *We request a minimum of two weeks notice for a successful inclusion.*

## YOUTH

- Family Yoga
- Bowling
- Inclusion service

## TEENS

- Teen Explorers
- Bowling
- Social Seekers

## ADULTS

- Bowling
- Wed Night Social
- Yoga
- The Health Club
- Walking Club
- Zumba

## SPECIAL EVENTS

- Weekend Ventures - September 5-7  
Fun weekend getaway to Camp Courage
- Fall Formal - September 19
- Ghostly Gala - October 25
- Friday Evening Dances (Oct 17, Oct 24, Nov 7, Nov 21, Dec 19)

# youth athletic associations

**Golden Valley  
Little League Baseball**  
Boys & Girls age 6-12  
Pat Dale, 763-593-9077  
[gvdales@comcast.net](mailto:gvdales@comcast.net)  
[www.goldenvalleylittleleague.org](http://www.goldenvalleylittleleague.org)

**Girls Slowpitch Softball**  
Girls grade 3-12  
Andy Bukowski  
[andybukowski@yahoo.com](mailto:andybukowski@yahoo.com)  
[www.gvgs.org](http://www.gvgs.org)

**Cooper/Armstrong Girls  
Fastpitch Softball**  
Girls age 9-12  
[www.caheatfastpitch.org](http://www.caheatfastpitch.org)

**Armstrong Cooper  
Youth Baseball Association**  
Boys age 12-19  
Dale Bierke, 763-614-9821  
[www.acybaseball.com](http://www.acybaseball.com)

**Armstrong Cooper  
Youth Hockey Association**  
Boys & Girls age 4+  
Dawn Speltz, 612-987-4599  
[www.acyha.org](http://www.acyha.org)

**Park Valley United FC  
Soccer Club**  
Boys & Girls age 5-17  
[www.parkvalleyunitedfc.org](http://www.parkvalleyunitedfc.org)



# TWIN CITY TENNIS CAMPS

## Fall 2014 Tennis Programs

Moving Tennis from A Game of Skill  
to A Game for Life.

**REGISTER NOW!** ONLINE: [www.TwinCityTennisCamps.com](http://www.TwinCityTennisCamps.com) PHONE: 612-600-2460

### Quick Start Intro Camp

Beginner thru Advanced Beginner

AGES 4-12

Designed to give our young beginners an introduction and initial taste. We will emphasize athletic movement, motor skills, balance coordination along with hand and eye coordination. We focus on cooperation and rally and racket skill development while campers begin to love the game of tennis for the first time. **Campers will be divided by skill level and age at the courts.**

Site: Brookview Park  
Fee: \$135

Date: Sat, Sept 6-Oct 11  
Date: Wed, Sept 3-Oct 8

Time: 10:00 AM-12:00 PM  
Time: 6:00-8:00 PM

### Junior Development Camp

Advanced Beginner thru Intermediate

AGES 6-12

Beginning players will enjoy building stroke development and proper techniques. Intermediate and advanced players will focus on scoring, serving and team matches. Player/coach ratio 6:1. **Campers will be divided by skill level and age at the courts.**

*\*You must specify days participating when you register.\**

#### WEEKDAY at Lions Park

Site: Lions Park

Date: Mon-Fri, Sept 2-Oct 10  
(No class Sept 1)

Time: 3:30-6:00 PM

Fees: 1/day week - \$150  
2/day week - \$250  
3/day week - \$350  
4/day week - \$450

#### WEEKEND at Brookview Park

Site: Brookview Park

Date: Sat-Sun, Sept 6-Oct 12  
(No class Sept 27-28)

Time: 1:00-5:00 PM

Fees: 1/day week - \$210  
2/day week - \$360  
5/day week - \$650  
Includes 2 tournament entries on Sept 7-8 & 28-29.



### Junior High Performance Camp

Intermediate thru Advanced

AGES 10-18

This camp is designed for aspiring competitive tennis players. Practices will be intense, competitive and demanding with an emphasis on match play and tournament performance. Player/coach ratio 6:1. **Campers will be divided by skill level and age at the courts.**

#### WEEKDAY at Wesley Park

Date: Mon-Fri, Sept 6-Oct 12 (No class Sept 1)

Time: 3:30-6:00 PM

Fee: 1/day week - \$150 3/day week - \$350  
2/day week - \$250 4/day week - \$450  
5/day week - \$650

#### WEEKEND at Brookview Park

Date: Sat & Sun, Sept 6-Oct 12  
(No class Sept 27-28)

Time: 1:00-5:00 PM

Fee: 1/day week - \$210 (6 classes)  
2/day week - \$360 (12 classes)  
Includes 2 tournament entries on Sept 7-8 & 28-29.

## Adult Drills & Match Play

### Basics & Beyond

(USTA Level 1.0-2.5)

Beginner and advanced beginner lessons with an emphasis on strokes, rallying and serving.

Site: Brookview Park  
Date: Wed, Sept 3-Oct 8  
Time: 6:00-8:00 PM  
Fee: 1/day week - \$130  
2/day week - \$225

### Cardio & Skills Drill

(USTA Level 2.5-3.5)

Intermediate and advanced beginner lessons for players who want to practice stroke development and enjoy cardio fitness.

Site: Brookview Park  
Date: Tue/Thu, Sept 2-Oct 7  
Time: 6:00-8:00 PM  
Fee: 1/day week - \$130  
2/day week - \$225

### Skills & Strategy Drill

(USTA Level 2.5-3.5)

Intermediate competitive drill and play.

Site: Brookview Park  
Date: Wed/Fri, Sept 3-Oct 10  
or Tue/Thu, Sept 2-Oct 9  
Time: 1:00-3:00 PM  
Fee: 1/day week - \$130  
2/day week - \$225

### Warrior Drill

(USTA Level 4.0-5.0)

Advanced competition drill and play.

Site: Brookview Park  
Date: Mon, Sept 1-Oct 6  
Time: 6:00-8:00 PM  
Fee: 1/day week - \$130  
2/day week - \$225



**REGISTER NOW!** ONLINE: [www.TwinCityTennisCamps.com](http://www.TwinCityTennisCamps.com) PHONE: 612-600-2460



# adult activities

## Daytime Yoga with Annette

Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Please bring an exercise mat.

**Site:** Brookview Community Center

**Time:** 11:00 AM-12:00 PM

**Fee:** \$53, Resident \$48

**Date:** Tue, Sept 16-Oct 28 (No Sept 30)

**Code:** 12941

**Date:** Tue, Nov 11-Dec 16

**Code:** 12942

## Pilates - Inspired Workout with Annette

When was the last time you found yourself with an amazing set of abs? Challenge your powerhouse with the body-slimming, core-shaping exercises that have made Pilates the most popular method to tone and sculpt long, lean muscles. This easy, energizing routine promises to improve flexibility, balance and posture and to maximize your mental and physical health. Exercises are appropriate for all fitness levels. Annette's classes are always easy to follow, non-intimidating and fun. Many elements of yoga are included. Please bring an exercise mat.

**Site:** Brookview Community Center

**Fee:** \$69, Resident \$64

**Date:** Mon, Oct 6-Nov 24

**Code:** 12940

**Time:** 6:00-7:00 PM

## Hoop It Up! Fun and Fitness

Get a great workout while trimming your waist, thighs, and belly with hoops, the beloved childhood toy that is all grown up! The specially designed exercise hoop targets your waistline and core area and is a great cardiovascular exercise too. This fun class includes balance, strength and flexibility exercises using the hoop. All ages welcome. Annette's oldest student is 91! Hoops available for purchase for \$15.

**Site:** Davis Community Center

**Fee:** \$17, Resident \$12

**Date:** Thu, Sept 18

**Code:** 12939

**Time:** 6:00-7:30 PM



## Yoga Flow with Laura

This 70-minute non-competitive class combines yoga postures, core work, breathing awareness and a blissful guided relaxation. Appropriate for beginners, as well as those who already practice. Benefits include: increased strength, flexibility, body awareness and mental clarity. Bring a sticky mat. Blanket and small pillow are optional for relaxation. Instructed by Laura Lazowski.

**Site:** Brookview Community Center

**Time:** 5:30-6:40 PM

**Date:** Tue, Sept 2-Oct 21

**Fee:** \$85, Resident \$80

**Code:** 12933

**Date:** Thu, Sept 4-Oct 23 (No Sept 18)

**Fee:** \$75, Resident \$70

**Code:** 12932

**Date:** Tue, Oct 28-Dec 16 (No Nov 4)

**Fee:** \$75, Resident \$70

**Code:** 12934

**Date:** Thu, Oct 30-Dec 18 (No Nov 20 & 27)

**Fee:** \$65, Resident \$60

**Code:** 12931



## Power Yoga Flow with Laura

Similar to Yoga Flow, focus on creating and nurturing body alignment, flexibility, strength and calming the mind. Class includes a few more intermediate poses, however, beginners are welcomed to do modified poses for their level of comfort. This 90-minute non-competitive class consists of breath awareness, yoga poses, core exercises, light weight work and a guided relaxation. Bring a sticky mat, 1-5 lb. hand weights (optional). Blanket and pillow are optional for relaxation. Instructed by Laura Lazowski.

**Site:** Brookview Community Center

**Time:** 6:45-8:15 PM

**Date:** Tue, Sept 2-Oct 21

**Fee:** \$101, Resident \$96

**Code:** 12935

**Date:** Tue, Oct 28-Dec 16 (No Nov 4)

**Fee:** \$89, Resident \$84

**Code:** 12936

## Winter Meditation

Just one day before winter officially begins, we'll welcome the dark, cozy, contemplative energy of this magical season into our bodies, hearts and minds! Wear comfy clothes. You have a choice of sitting in your chair or lying on the floor (bring a blanket and /or mat for this option.) Meditation is facilitated by Laura Lazowski.

**Site:** Brookview Comm Center

**Fee:** \$15, Resident \$10

**Date:** Sat, Dec 20

**Code:** 12937

**Time:** 9:30-10:30 AM



## Beginning Belly Dancing

Beginner classes are structured to benefit participants with no previous dance experience and focuses on core muscle toning, body coordination and overall body muscle strengthening while learning dance steps and movements that are broken down to simple steps and techniques. We learn to play finger cymbals too! Class taught by Tatyana Butkova. **NOTE:** Class date adjustments.

**Site:** Brookview Community Center  
**Time:** 7:00-8:30 PM  
**Fee:** \$69, Resident \$64

**Date:** Thu, Sept 4-Oct 23  
*(No Sept 18 - class held Wed, Sept 17)*  
**Code:** 12929

**Date:** Thu, Oct 30-Dec 18  
*(No Nov 20 - class held Wed, Nov 19)*  
*(No Nov 27 - class held Wed, Nov 26)*  
**Code:** 12930



## Intermediate Belly Dancing

Intermediate class teaches to mix and layer body movements with dance steps, introduces advanced dance movements, and continues to work on core muscles strengthening, coordination and overall body improvement and dance refinement! Class taught by Tatyana Butkova.

**Site:** Brookview Comm Center  
**Time:** 7:15-8:45 PM  
**Fee:** \$85, Resident \$80

**Date:** Mon, Sept 8-Oct 27  
**Code:** 12949

**Date:** Mon, Nov 3-Dec 22  
**Code:** 12950

## Zumba

ZUMBA® is a popular form of exercise that mixes fitness and dance to music from around the world. With easy to follow choreography, you will get a total body workout!

**Site:** Brookview Community Center  
**Time:** 7:00-8:00 PM  
**Fee:** \$47, Resident \$42

**Date:** Wed, Sept 24-Oct 29  
**Code:** 12938

**Date:** Wed, Nov 5-Dec 17 *(No Nov 26)*  
**Code:** 12948



## Dance for the Ageless

No experience necessary. We'll begin with gentle floor work and standing warm-ups which serves to strengthen, stretch and balance the body. Included are exercises influenced by modern dance, yoga and Pilates focusing on joint articulation, balance, foot work and preparing the body to move through space. \*Resident fee applies to Crystal, Golden Valley and Robbinsdale.

**Site:** Crystal Community Center  
**Date:** Mon, Oct 6-Dec 8  
**Time:** 9:15-10:15 AM

**Fee:** \$79, \*Resident \$72  
**Register by:** Sept 29  
**Code:** 12928

## Beginning Modern Dance

Feel the joy of moving through the art of dance! Class begins with a warm-up influenced by yoga and pilates, focusing on strength, flexibility, and body part articulation. Standing work includes balance, alignment, and foot work. Movement phrases across the floor emphasize spatial awareness, rhythmic clarity, momentum, and dynamic movement qualities. Some elements of improvisation are included. Bare feet and active wear recommended. \*Resident fee applies to Crystal, Golden Valley and Robbinsdale.

**Site:** Crystal Community Center  
**Date:** Mon, Oct 27-Nov 17  
**Time:** 7:15-8:15 PM

**Fee:** \$41, \*Resident \$34  
**Register by:** Oct 17  
**Code:** 12927



# adult activities continued

## Ballroom Dancing for Beginners

Both newcomers to dance, and prior attendees, are sure to have fun in this newly designed course! Learn steps in swing, hustle & other social dances to have you dancing at weddings, parties, clubs, cruises and more! Learn to dance to music from the 50s through today & commonly played at all social gatherings, from rock-n-roll and pop music, to rhythm & blues and country. Confidently enter the dance floor knowing some "real" moves to do together with your partner! FREE make-up and repeat classes at other locations. Teens and adults of all ages welcome! For more information, visit [www.ConstantineDance.com](http://www.ConstantineDance.com), or contact instructor Deanna Constantine at 612-240-8329 with questions.

*The Constantine family has been offering quality dance instruction in the Twin Cities for over 50 years! Deanna Constantine provides simple instruction where everyone who attends will be successful learning to dance!*

**Site:** Brookview Comm Center      **Fee:** \$60, Resident \$55

**Date:** Sun, Nov 2-23

**Code:** 12926

**Time:** 4:30-6:00 PM

## Intro to Nordic Walking

Enjoy the outdoors and walking by adding Nordic Walking to your routine. Nordic walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles you increase your heart rate on average 10-15% more than normal walking. Nordic Walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effect. The result is a fun and easy full-body workout. Wear comfortable clothing and good walking shoes. Program will be held at Davis Community Center in case of inclement weather. Minimum of 6.

**Site:** Meet at Brookview Park Large Shelter

**Date:** Mon, Sept 22

**Time:** 6:00-7:15 PM

**Fee:** \$11 (includes pole rental)

**Code:** 12964



## Beginning Yang Style Tai Chi & Introduction to Qigong

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800's and has many variations. Join instructor Marie Mathay in learning the basic "Grasp the Bird's Tail" sequence and further exploration of the Short Form. Cultivate more energy and balance through a series of ancient, gentle breathing and moving exercises called Qigong, the perfect companion to a Tai Chi practice.

**Site:** Brookview Community Center

**Time:** 9:00-10:00 AM

**Fee:** \$50, Resident \$45

**Date:** Thu, Sept 11-Oct 23

**Code:** 12803

**Date:** Thu, Oct 30-Dec 18 (No Nov 27)

**Code:** 12804



## Tai Chi for Diabetes

Tai Chi for Diabetes is a low-impact, slow, and mindful exercise program designed by Dr. Paul Lam to help prevent and improve the control of diabetes. Based on ancient Chinese exercises, Tai Chi for Diabetes will help you reduce stress and maintain physical and mental balance. No Tai Chi experience necessary. All abilities welcome. Taught by Certified Instructor Marie Mathay.

**Site:** Brookview Community Center

**Time:** 10:00-11:00 AM

**Fee:** \$50, Resident \$45

**Date:** Thu, Sept 11-Oct 23

**Code:** 12805

**Date:** Thu, Oct 30-Dec 18 (No Nov 27)

**Code:** 12806



## Tai Chi for Health & Arthritis

These Tai Chi classes are endorsed by the Arthritis Foundation and taught by Certified Instructor Marie Mathay. Wear comfy clothes.

### BASIC

This program is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention!

**Site:** Brookview Community Center

**Time:** 8:30-9:30 AM

**Fee:** \$50, Resident \$45

**Date:** Tue, Sept 9-Oct 21

**Code:** 12453

**Date:** Tue, Oct 28-Dec 16 (No Nov 4)

**Code:** 12449

### MOVING ON

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey.

**Site:** Brookview Community Center

**Time:** 9:30-10:30 AM

**Fee:** \$50, Resident \$45

**Date:** Tue, Sept 9-Oct 21

**Code:** 12459

**Date:** Tue, Oct 28-Dec 16 (No Nov 4)

**Code:** 12802

## Tae Kwon Do

ALL AGES WELCOME!

This program will teach discipline, focus, endurance and flexibility. Master Tom Malone will help you achieve awesome kicks, punches and strikes while getting in shape. \*Resident fee applies to Crystal, Golden Valley, New Hope, Robbinsdale and St. Louis Park.

**Site:** Davis Community Center

**Fee:** \$64, \*Resident \$59

### BEGINNER

**Time:** 6:15-7:00 PM

**Date:** Tue, Sept 2-30

**Code:** 12841

**Date:** Tue, Oct 7-Nov 11 (No Nov 4)

**Code:** 12843

**Date:** Tue, Nov 18-Dec 16

**Code:** 12845

### ADVANCED

**Time:** 7:00-7:45 PM

**Date:** Tue, Sept 2-30

**Code:** 12842

**Date:** Tue, Oct 7-Nov 11 (No Nov 4)

**Code:** 12844

**Date:** Tue, Nov 18-Dec 16

**Code:** 12846

## Pediatric CPR/AED

The Pediatric CPR/AED course teaches skills that participants need to know to respond to breathing and cardiac emergencies to help pediatric victims (infants and children up to 12 years of age) until more advanced medical personnel arrive and take over. Students who successfully complete this course will receive an American Red Cross certificate for Pediatric CPR/AED valid for two years. \*Resident fee applies to Golden Valley and New Hope.

**Site:** New Hope City Hall

(4401 Xylon Ave N)

**Date:** Sat, Nov 15

**Time:** 1:00-4:30 PM

**Fee:** \$67, \*Resident \$60

**Register by:** Nov 10

**Code:** 12925



## Adult CPR/AED

The Adult CPR/AED course teaches skills that participants need to know to respond to breathing and cardiac emergencies for victims about 12 years and older until more advanced medical personnel arrive and take over. Students who successfully complete this course will receive an American Red Cross certificate for Adult CPR/AED valid for two years. \*Resident fee applies to Golden Valley and New Hope.

**Site:** New Hope City Hall

(4401 Xylon Ave N)

**Date:** Sat, Nov 15

**Time:** 9:00 AM-12:00 PM

**Fee:** \$67, \*Resident \$60

**Register by:** Nov 10

**Code:** 12924

## Holiday Centerpiece Making with Some Cheer!

Bring Holiday Cheer home this season with a magnificent table centerpiece hand crafted by YOU! Join us to make your own centerpiece from winter greenery and other seasonal items. Participants must provide a vase or container; we will supply the materials and instruction. Please bring a floral or pruning scissors if you are able. Snacks will be provided. Wine and beer will be available for purchase.

**Site:** Brookview Community Center/Grill

**Date:** Thu, Dec 18

**Time:** 6:00-8:30 PM

**Fee:** \$41, Resident \$35

**Code:** 12947





# adult activities continued

## Writers' Workshop

Charlene Torkelson is an author and illustrator with over 70 published books and articles. She will present four workshops. *The Writers' Workbook* will be available for purchase in class for \$10.

**Site:** Brookview Community Center

**Fee per workshop:** \$25, Resident \$20

**Fee for all 4:** \$77, Resident \$72

### START AT THE BEGINNING

An idea for a great story has been haunting you for some time. You know you have always had a talent for writing, and now you want to start moving beyond putting the words on paper. Discover how to start becoming a "writer".

**Date:** Mon, Oct 20    **Time:** 6:00-7:30 PM    **Code:** 12919

### FIND THE RIGHT PUBLISHER

You have your ideas or maybe have even finished an article or book - now is the time to begin finding the publisher for your project. What steps should you take to find the perfect match for your project?

**Date:** Mon, Oct 20    **Time:** 7:30-9:00 PM    **Code:** 12920

### MOVING FROM HOBBY TO FULL-TIME

Look at the financial potential of a writing opportunity. What does it take to move from a hobby to a writing career. Look at contracts, publishing terms, and opportunities to do more with your writing interests.

**Date:** Mon, Dec 15    **Time:** 6:00-7:30 PM    **Code:** 12921

### EDIT & COMPLETE YOUR PROJECT

The idea is there, the words are down on paper, and you need that extra motivation to finish. How do you take your project beyond the first draft? Learn the steps to polish and edit your work, then take a look at the self-publishing and e-book options.

**Date:** Mon, Dec 15    **Time:** 7:30-9:00 PM    **Code:** 12922

## Creative Arts Sampler

Get creative by dabbling in the arts - no experience necessary. Immerse yourself in hands-on activities and rediscover your experimental, playful, focused, expressive self. Participate in paper and paint crafts, creative drama, rhythms, and oral interpretation of poems. Instructor Carolyn Papke is an artist and retired teacher.

**Site:** Brookview Community Center

**Fee:** \$50, Resident \$45

**Date:** Thu, Oct 9-Nov 13

**Code:** 12813

**Time:** 1:00-2:30 PM



## Watercolor Basics

A class for beginners or people who want to renew their watercolor skills, and advanced exercises for former participants. Course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Each student will build on skills learned in previous sessions. An understanding of drawing skills will enhance your painting results. A supply list will be provided. Students are responsible to bring their own supplies. Instructor Carolyn Papke is an artist and retired teacher.

**Site:** Brookview Community Center

**Fee:** \$60, Resident \$55

**Date:** Wed, Oct 1-Nov 5

**Code:** 12814

**Time:** 6:30-8:30 PM

## More Watercolor & Drawing Opportunities

Extend your basic knowledge of watercolor and/or drawing by trying various styles and studies of nature, landscape, and people through guided instruction. Study pictures provided, or bring your own photos. Supply list provided. Students are responsible to bring their own supplies. Instructor Carolyn Papke is an artist and retired teacher.

**Site:** Brookview Community Center

**Fee:** \$50, Resident \$45

**Date:** Wed, Nov 12-Dec 10 (No Nov 26)

**Code:** 12815

**Time:** 6:30-8:30 PM



## Pickleball

Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This is not a league. Come when you can - just drop in! Equipment available on a limited basis. Gym shoes required.

**Site:** Crystal Community Center

**Days:** Mondays & Thursday

**Time:** 9:00 AM-12:00 PM

**Fee:** \$2/person or \$15/10-visit pass

## Indoor Co-Rec Volleyball League

Be part of the inaugural officiated Adult Co-Rec Volleyball League in Golden Valley. Park and Recreation will offer wooden courts at Davis Community Center, conveniently located off of highway 100. Games will be scheduled at 7, 8 and 9 PM on Wednesday evenings. This league will be considered an intermediate level league with teams/players having volleyball experience and would like to play in a recreational/competitive setting. The Park and Recreation Department reserves the right to split the league into two divisions if level of play is diverse. \*Resident applies to teams having at least half of players living or working in Golden Valley. Find your registration packet online on the city's website at: [www.goldenvalleymn.gov](http://www.goldenvalleymn.gov).

**Site:** Davis Community Center

**Game Times:** 7:00, 8:00 or 9:00 PM

**Fee:** \$275, \*Resident \$260

### FALL LEAGUE

**Date:** Wed, Oct 8-Dec 17

**Register by:** Sept 19

### WINTER LEAGUE

**Date:** Wed, Jan 7-March 11

**Register by:** Dec 19

## Davis Community Center Open Gyms

All levels are welcome to participate. Purchase a punch pass at Davis or Brookview Community Centers and use at any of the times listed below. Basketballs and volleyballs provided. NOTE: Schedule is subject to change due to low attendance. Please check the City website for changes.

**Davis Community Center will be closed on Sept 1, Nov 4, Nov 27, Dec 24-25.**

**All programs and activities will be cancelled during this time.**

**Date:** Sept 2-Dec 31 (unless otherwise noted)

**Fee:** \$28/10-time punch pass or \$4/daily drop-in

Day	Activity	Time
Sunday	Family Gym Time/ Shoot Some Buckets	1:00-3:00 PM
Sunday	Pickleball Drop-in (Begins Nov 2)	3:00-5:00 PM
Monday	Basketball 35+	8:00-10:00 PM
Tuesday	Volleyball 18+	8:00-10:00 PM
Thursday	Volleyball 18+	8:00-10:00 PM
Friday	Youth Open Gym (17 & under - parent/guardian welcome)	6:00-8:00 PM
Saturday	Basketball 18+	8:00-10:00 AM

## Davis Gym Court Rental

Davis Community Center, located at 5430 Glenwood Ave N, has 2 courts available for rent. Courts can be used for basketball, volleyball, dance, indoor hockey, conditioning, birthday parties and more. Court reservations can be made up to 6 months in advance and is based on availability. Please call Carrie Anderson at 763-512-2367 for availability and reservations. Fee is \$20/hour per court - minimum of 2 hours.

# senior activities



Phone: 763-512-2339

Fax: 763-512-2344

[www.goldenvalleymn.gov/recreation/seniors](http://www.goldenvalleymn.gov/recreation/seniors)

The Golden Valley Senior Center is located in the Evergreen Room at the Brookview Community Center. Join scheduled activities, register for events, trips and other activities. All programs are held at Brookview unless otherwise noted.

## Other locations include:

- Calvary Center Coop (7600 Golden Valley Rd)
- Calvary Lutheran Church (7520 Golden Valley Rd)
- Crystal Community Center (4800 Douglas Dr N)
- Dover Hills (2400 Rhode Island Ave N)
- Golden Valley City Hall (7800 Golden Valley Rd)
- Golden Valley Library (830 Winnetka Ave N)

## 2014 Annual Membership Donation

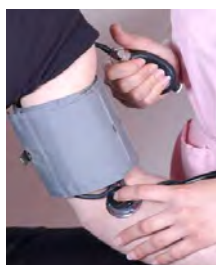
Subscribe to the bi-monthly Senior Newsletter, by paying an annual membership donation. Your donation is good for January-December 2014 and will allow you to receive the bi-monthly Senior Newsletter right at your door. Your donation also helps offset costs for the senior program. Support your senior program by donating today!

Donation: \$8, Resident \$5    Code: 12399    *Thanks For Your Support!*

## Blood Pressure Screening

FREE service provided by a licensed nurse from the Ambassador Good Samaritan Center.

Site: Brookview Community Center  
Date: Wed, Aug 27, Sept 24 & Oct 22  
Time: 11:00-11:30 AM



## Confused about Medicare?

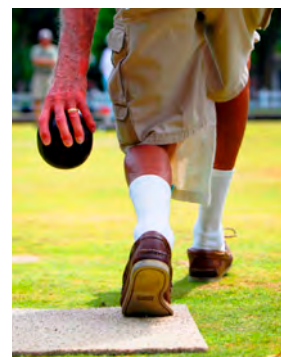
Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make a free appointment with Marsha to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. She'd love to work with you!

Site: Brookview Community Center  
Date: Thu, Aug 14, Sept 11, Oct 9, Nov 13 & Dec 11  
Time: Appointment times are 9:00, 10:00 & 11:00 AM

## Brookview Lawn Bowling Grand Opening Weekend

Sat-Sun, Aug 16-17

Clinics and events will take place throughout the weekend. Play will be FREE all weekend. This is an excellent chance to learn the game of Lawn Bowling and get some practice in before league play. Be sure to check-out information on the senior lawn bowling league on page 25.



## Senior Resource Fair



Wed, Sept 10 • 1:00-3:30 PM • Calvary Lutheran Church  
Speakers, vendors that assist you in your home and add to the fullness of your life, light refreshments. Visit the Golden Valley Seniors table! FREE! Sponsored by Calvary Center Coop. Call 763-544-1090 for details.



## Speaker, Mary Lahammer

Mon, Sept 29 • 1:00 PM • Calvary Center Coop

Mary Lahammer has been a program host and political reporter for Twin Cities Public Television since 1998. She has won several Emmys and numerous other awards for her anchoring, reporting, producing and photography. Mary's trademark has been getting politicians to open up and trust her including Governors from Jesse Ventura to Mark Dayton and Senators Al Franken and Norm Coleman. Her talk will be on an insider's view of politics and stories you didn't know. Seating is limited. Call 763-544-1090 to reserve your seat today! Co-sponsored with Calvary Center Cooperative. **NOTE:** Speaker has confirmed the date, but her schedule is subject to change.



## Medicare Advantage & Medicare Part D Presentation

Wed, Oct 22 • 10:00 AM

### Brookview Community Center

The Annual Enrollment Period for Medicare Advantage and Drug Plans begins on October 15, 2014 and ends on December 5, 2014 with selections effective on January 1, 2015. Even if you are happy with your current Medicare coverage, it's recommended to check every year to be sure there are no surprises for the New Year. Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. The presentation is an unbiased educational opportunity and not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency. Register by Oct 20. \$2, payable at door.

## Holiday Tea

Mon, Dec 15 • 1:00 PM

### Brookview Community Center

Join us for a delightful afternoon with entertainment followed by delicious finger foods and desserts. Our entertainer is Jim Berner, who performs songs and stories of the pop and country singers of the 1940's-1960's and has been a staple at the Minnesota State Fair for eleven years. He promises to put you into the holiday mood. Festive attire encouraged. Bring your own tea cup and saucer to add to the fun. Fee includes entertainment and refreshments.

Fee: \$9/person  
Register by: Dec 8  
Code: 12812



## Senior Lawn Bowling League

**NEW**

Take part in the first season of lawn bowling and join a league! The league will be held on Tuesday mornings with four weeks of league play and an end of the season tournament on October 7. Game equipment is provided and an official is present during league play. No special clothing is required, however, teams with all members competing in white top and white or khaki bottoms receive 1 point before match play begins. No heeled shoes, flat-bottom shoes only on the court. Register individually or as a team of 4. Fee includes demonstration, 4 weeks of league play, end-of-season tournament, game equipment, official, and tournament prizes. Min 16/Max 32. Registration and payment taken at the Brookview Golf Office.

**Site:** Brookview Lawn Bowling Courts

**Date:** Tue, Sept 9-Oct 7

**Time:** 10:00-11:00 AM

**Fee:** \$35/person

**Register/cancel by:** August 29

### LEAGUE KICK-OFF

**Tue, Sept 9 - 9:00 AM - Brookview Grill**

This is your chance to learn about the Senior Lawn Bowling League. Watch a demonstration, learn the rules. Refreshments! League play immediately following the demonstration. Learn the game and practice before league play.



## Mondays with Mary

Join Mary on Mondays at 9:30 AM to make door decorations, greeting cards, party favors and more. We work on projects for Ambassador Care Center, Dinner At Your Door, Senior Dining, Golden Valley Seniors and Mary Wanderers. We'll supply the materials and coffee. You bring your time and talent. "The more the Mary-ier." No meeting on September 1.

## Pedal Pushers

Dust off that bicycle and join us as we pedal our way on the paved paths of the Twin Cities. We meet at a designated location at 9:00 AM and then bike 6-12 miles, stopping along the way for short breaks, to enjoy the scenery and each other. All riding levels are welcome. Helmets are required, water bottles and snacks strongly recommended. Call the senior office to be placed on the mailing list to receive meeting locations and directions.

**Tuesday, August 26**  
Mendota Trail and Axel's

**Tuesday, September 9**  
Mystery ride with  
Golden Valley Police

**Thursday, September 25**  
Dakota Rail Trail

**Tuesday, October 7**  
Midtown Greenway

# senior activities continued

## Pickleball

Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This is not a league. Come when you can - just drop in! Equipment available on a limited basis. Gym shoes required.

**Site:** Crystal Community Center **Time:** 9:00 AM-12:00 PM  
**Days:** Mondays & Thursday **Fee:** \$2/person or \$15/10-visit pass



## Happy Feet Foot Care Clinic

This foot-care clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. They work on corns, calluses, thick or curled toe nails and ingrown nails, if they are not well advanced. A foot soak and massage are provided with each visit. Please bring a bath towel. Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. If you need to cancel your appointment, you must call Happy Feet at least 24 hours in advance, or a fee will be charged to you. Clinic will not be available on Nov 28 or Dec 26.

**Site:** Brookview Community Center **Time:** 1:00-2:30 PM  
**Date:** Every Friday **Fee:** \$34, payable day of service

## Remember When...? with Jan

We all have special memories and we usually start by saying "remember when?....." Let's go back and enjoy that time in our life with our friends.

**Site:** Dover Hill Apartments (2400 Rhode Island Ave - Community Room)  
**Time:** 1:00-2:30 PM

<b>Thursday, August 28</b>	<b>Thursday, October 23</b>
Remembering Clotheslines	Remembering Hats
<b>Thursday, September 25</b>	<b>Thursday, November 20</b>
Remembering Remedies	Remembering "Snail-mail" vs. "E-mail"
We Would Rather Forget!	<b>Thursday, December 18</b>
	Remembering Christmas Cards

## Weekly Card & Game Groups

New players are always welcome to our card and game groups. Please arrive at least 10 minutes before scheduled start time to get set-up. Hope to see you there! All groups meet at Brookview Community Center.

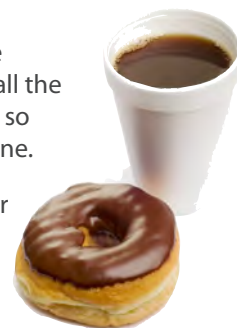
Day	Group	Time
Monday	Dominoes	1:00 PM
Tuesday	Cribbage	1:00 PM
	500	6:30 PM
Wednesday	500	1:00 PM
Thursday	Euchre	1:00 PM
	Contract Bridge	6:30 PM
Friday	Contract Bridge	9:00 AM



## Coffee Talk

Join us for juice, treats, informative programs and, of course, coffee! Call the senior office to register in advance so there's treats and coffee for everyone.

**Site:** Brookview Community Center  
**Time:** 9:45-11:15 AM  
**Fee:** \$2, pay at door



## WEDNESDAY, AUGUST 27

**Minnesota in the Civil War: Battery I, 1st U.S. Artillery**  
 Battery I, 1st U.S. Artillery is dedicated to preserving and honoring the memory of the original Civil War era military unit. Our speaker comes in uniform and brings period equipment, talking about being a soldier during the Civil War. Learn about Minnesota Civil War history, drill, rations, bugle calls, equipment, flags, casualties, disease and what soldiers did to avoid the boredom of military service. Presented by Stephen Johnson, DC, and member of Battery I, 1st U.S. Artillery. Register by August 25.

## WEDNESDAY, SEPTEMBER 24

### Coffee With A Cop

"Coffee With A Cop" encourages citizens to become familiar with the officers who serve their community, ask questions, and express concerns. There is a short presentation at 10 a.m. but you are invited to drop in any time during the two-hour gathering to chat with an officer and other staff to discuss and learn about neighborhood issues, traffic concerns, crime prevention, and how to connect with the GVPD through social media and other technological tools. Register by September 22.



## WEDNESDAY, OCTOBER 22

### Medicare Advantage and Medicare Part D

The Annual Enrollment Period for Medicare Advantage and Drug Plans begins on October 14, 2014 and ends on December 5, 2014 with selections effective on January 1, 2015. Even if you are happy with your current Medicare coverage, it's recommended to check every year to be sure there are no surprises for the New Year. Get tools and learn what you need to know to be a smart Medicare Plan user and why it is important for you to take advantage of the annual election period. The presentation is an unbiased educational opportunity and not a sales pitch; offered in cooperation with Senior Community Services, a non-profit agency. Register by October 20.



## Living Well & Wise



It's a fact! People are living longer and healthier. Join us for this free program that offers information each month for a happy, healthier you. Refreshments provided by Calvary Center Cooperative.

**Site:** Calvary Center Cooperative (7600 Golden Valley Road)

**Time:** 1:00-2:30 PM

### THURSDAY, SEPTEMBER 4

#### My Walk with Alzheimer's

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Alzheimer's is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 50 to 80 percent of dementia cases. Presented by Bruce Erickson.

### THURSDAY, OCTOBER 2

#### Natural Solutions to Sleep Problems

This talk covers the three natural solutions to sleep problems: vitamins, exercise and physical treatment. You will learn that there are treatable reasons for your sleep problems and that sleeping pills only mask the real cause. Presented by Stephen Johnson, DC.

### THURSDAY, NOVEMBER 6

#### Your Thyroid: It's More Important Than You Think

Through the hormones it produces, the thyroid gland influences almost all of the metabolic processes in your body. Learn about the function of the thyroid and thyroid disorders and how most thyroid problems can be managed well if properly diagnosed and treated. Presented by Michael Stockman, MD, and Barb Burger, LPN, Ambassador Health Care.

### THURSDAY, DECEMBER 4

#### Flowers

Flowers are the perfect pick-me-up. The colors, beauty, and smell brighten a room (and person) immediately. We'll learn when to give flowers, what's appropriate, how to use flowers in decorating and more. Be ready to treat your senses! Presented by Frank Bohlander, Best Wishes Floral, Golden Valley.

## Money Matters

Finances and investments are of more interest than ever with rising consumer costs. Join us as we hear speakers from companies dealing with finances and investments present information important to today's investor. Refreshments provided by Golden Valley Rehab and Care Center.

**Site:** Brookview Community Center

**Time:** 10:00-11:15 AM

### THURSDAY, AUGUST 21

#### Second Harvest

Second Harvest Heartland is one of the nation's largest, most efficient and most innovative food banks. In 2013, we delivered more than 65 million meals to nearly 1,000 food shelves, pantries and other agency partner programs serving 59 counties in Minnesota and western Wisconsin. Second Harvest Heartland helps relieve hunger not only by sourcing, warehousing and distributing food, but through data-driven thought leadership and community partnerships that help improve the region's larger hunger relief system. Last year, Second Harvest Heartland benefited from over 130,000 hours of volunteer time. Without this tremendous contribution, our hungry neighbors would not receive the food they need. Presented by Kaia Arthur, Second Harvest, Outreach Coordinator.

### THURSDAY, SEPTEMBER 18

#### Adjusting Your Portfolio to Profit in Today's Markets

Find out where we are in this economy and how to adjust your portfolio to reflect the best investment options. Presented by Larry Klick, Money Matters member.

### THURSDAY, OCTOBER 16

#### How to Spend Your Savings Strategically

Living off your retirement savings is more complicated than many people anticipate. Take out too much and you could end up running out. Take out too little and you could get hit with a major tax penalty. Learn the important questions to ask before you start turning that nest egg into a paycheck. Presented by Skip Johnson, Great Waters Financial, Fox9 Analyst.

### THURSDAY, NOVEMBER 20

#### Pawn Shops - What Are They?

Have you ever been to a pawnshop? For a lot of people, there seems to be something, well, shady about these places. But if you haven't been to a pawnshop, you may be missing out on some great bargains. Learn all about pawnshops and how they play an important role in many communities. Presented by Jennifer Graner and Chuck Armstrong, Pawn America.

### THURSDAY, DECEMBER 18

#### Hot Topics

Bring a hot topic to discuss and help plan the 2015 program.

# senior activities continued

## Joy of Painting® the Bob Ross® Method

All you need is the desire to make beautiful things happen on canvas. With the Bob Ross Wet-on-Wet Technique® and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. In 3½ hours you will bring home a fall scene ready to frame. Finished painting is on display in the senior room. Taught by certified instructor, Kittie Swanson. Min 5/Max 15.

**Site:** Brookview Community Center

**Time:** 1:00-4:30 PM

**Fee:** \$65, Resident \$60

### FALL SCENE

**Date:** Sat, Oct 11

**Register/cancel by:** Oct 2    **Code:** 12810



### WINTER SCENE

**Date:** Sat, Nov 8

**Register/cancel by:** Oct 30    **Code:** 12811



## Monday Morning Painting

Looking for a creative start to the week? Michelle has experience painting in watercolors, acrylics and oil. She is here to guide you through your project. Bring your favorite medium and project to class. Purchase your 6-time punch card at the Recreation office.

**Site:** Brookview Community Center

**Date:** Mondays, ongoing (*No Sept 1*)

**Time:** 9:30-11:30 AM

**Fee:** \$45, Resident \$40



## Watercolor Basics

A class for beginners or people who want to renew their watercolor skills, and advanced exercises for former participants. Course includes an introduction to watercolor materials, color, washes, wet on wet, wet on dry, values, glazing, and creative uses of your work. Each student will build on skills learned in previous sessions. An understanding of drawing skills will enhance your painting results. A supply list will be provided. Students are responsible to bring their own supplies. Instructor Carolyn Papke is an artist and retired teacher.

**Site:** Brookview Community Center

**Fee:** \$60, Resident \$55

**Date:** Wed, Oct 1-Nov 5

**Code:** 12814

**Time:** 6:30-8:30 PM

## Creative Arts Sampler

Get creative by dabbling in the arts - no experience necessary. Immerse yourself in hands-on activities and rediscover your experimental, playful, focused, expressive self. Participate in paper and paint crafts, creative drama, rhythms, and oral interpretation of poems. Instructor Carolyn Papke is an artist and retired teacher.

**Site:** Brookview Community Center

**Fee:** \$50, Resident \$45

**Date:** Thu, Oct 9-Nov 13

**Code:** 12813

**Time:** 1:00-2:30 PM

## Holiday Centerpiece Making with Some Cheer!

Bring Holiday Cheer home this season with a magnificent table centerpiece hand crafted by YOU! Join us to make your own centerpiece from winter greenery and other seasonal items. Participants must provide a vase or container; we will supply the materials and instruction. Please bring a floral or pruning scissors of you are able. Snacks provided. Wine and beer available for purchase.

**Site:** Brookview Community Center/Grill

**Fee:** \$41, Resident \$35

**Date:** Thu, Dec 18

**Code:** 12947

**Time:** 6:00-8:30 PM





## A Matter of Balance

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. A Matter of Balance, an award-winning program developed by Boston University, is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance. A workbook is provided at first class (included in fee).

**Site:** Brookview Community Center

**Date:** Tue, Sept 16-Nov 11 (*No Nov 4*)

**Time:** 10:00 AM-12:00 PM

**Fee:** \$20/person

**Register/cancel by:** Sept 5

**Code:** 12809

## Intermediate Bridge

Made for the player who has basic knowledge of the game, sharpen your skills with these intermediate bridge classes instructed by Dick Welander, Life Master Player and Certified Instructor from American Contract Bridge League.

**Site:** Brookview Community Center

**Date:** Fri, Sept 5-Oct 24

**Time:** 9:00-10:30 AM

**Fee:** \$38, Resident \$33

**Code:** 12446



## Intro to Nordic Walking

Enjoy the outdoors and walking by adding Nordic Walking to your routine. Nordic walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles you increase your heart rate on average 10-15% more than normal walking. Nordic Walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effect. The result is a fun and easy full-body workout. Wear comfortable clothing and good walking shoes. Program will be held at Davis Community Center in case of inclement weather. Minimum of 6.

**Site:** Meet at Brookview Park Large Shelter

**Date:** Mon, Sept 22

**Time:** 6:00-7:15 PM

**Fee:** \$11 (includes pole rental)

**Code:** 12964

## Defensive Driving

Adults age 55+, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. These classes are taught by professional certified instructors and offered by the Minnesota Safety Council. No tests are given but attendance is required to receive the certificate of completion.

### Registration & Certificate of Completion:

To guarantee certificate at class completion, register at least 7 days in advance with the Minnesota Safety Council. Make checks payable to "Minnesota Safety Council" and mail to: 474 Concordia Ave, St. Paul, MN, 55103. Call 651-291-9150 to register with Visa or MasterCard.

### 8-HOUR FIRST TIMERS COURSE

**Site:** Brookview Community Center

**Date:** Tue, Oct 14 & 21

**Time:** 6:00-10:00 PM

**Fee:** \$18/person

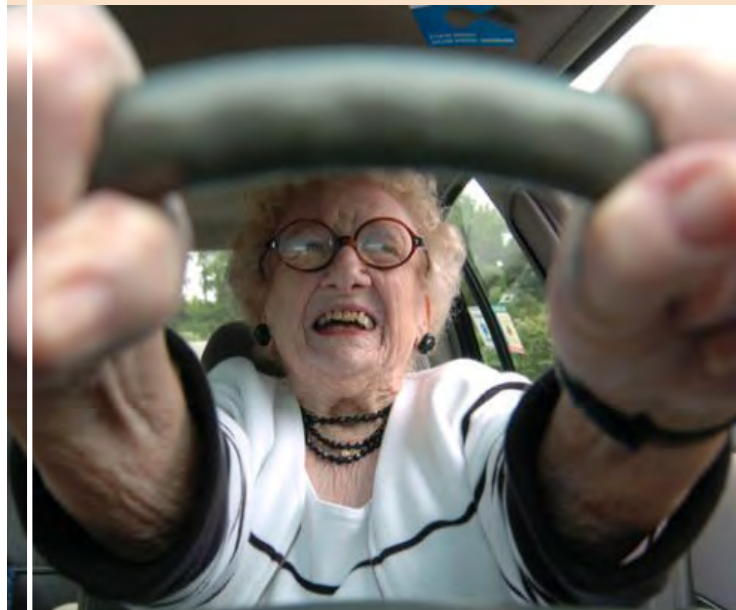
### 4-HOUR REFRESHER COURSE

**Site:** Brookview Community Center

**Date:** Thu, Sept 11, Oct 9, Nov 13, Dec 11

**Time:** 9:00 AM-1:00 PM

**Fee:** \$17/person



## senior activities continued

### Tai Chi for Health & Arthritis

These Tai Chi classes are endorsed by the Arthritis Foundation and taught by Certified Instructor Marie Mathay. Wear comfy clothes.

#### BASIC

This program is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention!

**Site:** Brookview Community Center

**Time:** 8:30-9:30 AM

**Fee:** \$50, Resident \$45

**Date:** Tue, Sept 9-Oct 21

**Code:** 12453

**Date:** Tue, Oct 28-Dec 16 (*No Nov 4*)

**Code:** 12449

#### MOVING ON

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey.

**Site:** Brookview Community Center

**Time:** 9:35-10:35 AM

**Fee:** \$50, Resident \$45

**Date:** Tue, Sept 9-Oct 21

**Code:** 12459

**Date:** Tue, Oct 28-Dec 16 (*No Nov 4*)

**Code:** 12802

### Tai Chi for Diabetes

Tai Chi for Diabetes is a low-impact, slow, and mindful exercise program designed by Dr. Paul Lam to help prevent and improve the control of diabetes. Based on ancient Chinese exercises, Tai Chi for Diabetes will help you reduce stress and maintain physical and mental balance. No Tai Chi experience necessary. All abilities welcome. Taught by Certified Instructor Marie.

**Site:** Brookview Community Center

**Time:** 10:00-11:00 AM

**Fee:** \$50, Resident \$45

**Date:** Thu, Sept 11-Oct 23

**Code:** 12805

**Date:** Thu, Oct 30-Dec 18 (*No Nov 27*)

**Code:** 12806

### Beginning Yang Style Tai Chi & Intro to Qigong

One of the oldest and most popular styles of Tai Chi practiced today, Yang style dates from the 1800's. Join instructor Marie Mathay in learning the basic "Grasp the Bird's Tail" sequence and further exploration of the Short Form. Cultivate more energy and balance through a series of ancient breathing and moving exercises called Qigong, the perfect companion to a Tai Chi practice.

**Site:** Brookview Community Center

**Time:** 9:00-10:00 AM

**Fee:** \$50, Resident \$45

**Date:** Thu, Sept 11-Oct 23

**Code:** 12803

**Date:** Thu, Oct 30-Dec 18 (*No Nov 27*)

**Code:** 12804

## Golden Valley Library Programs For Seniors

### COMPUTER HELP

Volunteers provide one-on-one help with basic computer skills. No appointment necessary. Please call ahead to be sure a volunteer is available - 612-543-6390.

**Mon & Thu: 9 AM-12 PM**

**Tue & Wed: 11 AM-2 PM**

### POETRY LOVERS CONVERGE

Everyone (kids to teens to seniors!) is invited to read an original or a favorite poem, or just come and listen. In all languages, for all ages and all authors.

**Wed, Sept 3, Oct 1, Nov 5, Dec 3**  
**6:30-8:00 PM**

### AUTHOR TALK: GUTHEMA ROBA

Guthema Roba, a poet and a librarian at the Golden Valley Library, returns with his newest book of meditational poetry, "Wake Up and Roar." No registration required.

**Sat, Sept 6 - 1:00 PM**

### FRIENDS OF THE LIBRARY USED BOOK SALE

Bargain hunters and book lovers take note! The Friends of the Golden Valley Library will hold a sale of hundreds of adult and children's fiction and nonfiction books in hardcover and paperback, music CDs and DVDs. Most books are withdrawn from the Hennepin County Library system or donated by the public. Funds raised will benefit the library.

*Special pre-sale for Friends members only on Friday, October 17 from 9 AM-5 PM.*

You may join at the door. Donations accepted all year during regular library hours. Please bring to the main Service Desk of the library. Please no encyclopedias, text books or magazines.

**Sat, Oct 18 - 9 AM-5 PM**

**Sun, Oct 19 - 12-4 PM (Bag sale all day)**



For more information, call 612-543-6390 or visit [www.hclib.org](http://www.hclib.org).





### BUS PICK-UP LOCATIONS:

**Golden Valley City Hall** (parking lot under water tower)  
**Calvary Cooperative**

## mary wanderer's trip program

Comfortable motor coaches, good food, knowledgeable tour guides and Mary as our escort, our trips are planned with you in mind! The "Mary Wanderers" trip program includes one-four day excursions to places of interest in the Midwest. The cost of the trip is for deluxe motor coach transportation, escort, tours (as outlined) and meals (if provided). Registrations are taken in person or by mail with check, cash, Visa or MasterCard. Phone registrations taken with Visa or MasterCard. Please be sure to indicate pick-up location when registering.

## Old Log Theater

Wednesday, September 10

In small-town Springfield, the local radio station is sponsoring a rock-and-roll contest, and go-getter Denny is convinced he can win and become a star. He enlists his klutzy, nerdy friend Eugene and church-choir singer Wally to join him. Needing a sponsor, they apply to the owner of the local auto chain. He sends his top mechanic, handsome, hunky Skip and by the end they're incorporated in the new group, Denny and the Dreamers. Trouble comes in the form of Lois, who arrives to put some polish on the boys. Denny falls in love, Wally falls in line, Eugene falls apart, and along comes handsome heartthrob Skip to send the whole situation spinning. The '60s hits say it all: "Fools Fall in Love," "Tears on My Pillow," "Earth Angel," "Unchained Melody," and more. Winner of the LA Drama Critics Circle Best Musical Award, Life Could Be a Dream will leave you laughing, singing, and cheering. See it now before it heads to Broadway in 2016. Fee includes: lunch, theater ticket, motorcoach & escort.

### Please select menu choice when registering.

All meals include dinner rolls, dessert, coffee or tea.

- Meat Loaf (green beans, potatoes, beef gravy)
- Pan Seared Tilapia (green beans, potatoes, sauce)
- Rolled Penne Pasta (tomato sauce shaved parmesan, asparagus and herbs)
- Roasted Chicken Breast (green beans, potatoes, gravy)

Fee: \$63

Bus Pick-up: 11:00 AM

Approx Return: 4:30 PM

Register/cancel by: August 21

Code: 12427

## Just Horsin' Around

Friday, September 19

Enjoy the Fall drive to Cedar Ridge Arabians, for a tour of the beautiful facilities including the horse barns, stall area, riding and training areas. See the award winning horses and their multitude of trophies and ribbons. Next, we will tour the Ames Percheron Farm, where we will view a multimedia presentation of daily operations plus see the magnificent horses. A Roast Pork Loin lunch will be at Emma Krumbees with baby-red mashed potatoes, gravy, vegetable, bread and beverage. Hope you have a sweet tooth, because our last stop is Jim's Candy Store and Apple Farm, the bright yellow hangar-like building on Highway 169. Yum! Fee includes: tours, lunch at Emma Krumbees, motorcoach transportation and escort.

Fee: \$55

Bus Pick-up: 8:40 AM

Approx Return: 3:15 PM

Register/cancel by: August 25

Code: 12423



## senior activities continued

### Winona Fall Colors

Tuesday, October 7

Bring your camera and enjoy the colorful drive along the Great Mississippi River Route before stopping at Pepin Heights Apple Orchard, first planted in 1949, where apples and specialized gifts are available. Off to Signatures Restaurant, set in the beautiful valley of the Bridges Golf Club in Winona. Menu: Herb Marinated Grilled Chicken topped with Citrus Burre Blanc, served with a Garden Salad, Wild Rice Medley, Vegetable, Baguette, Coffee and Tea. Our next stop is the world-class Marine Art Museum for a docent lead tour. The Museum features four major art collections, making it a regional and national attraction. Exhibits range from popular folk art with distinctive wood carved objects and hand painted sculptures that capture the spirit of river life, to amazing photographs featuring historic finds. We leave the Museum and travel along the Wisconsin side of the Mississippi River with a short stop at the Nelson Cheese Store, known for their delicious cheese products and ice cream cones (treats purchased are on your own). Fee includes: lunch, admission and tour of Marine Museum, motorcoach transportation and escort.

Fee: \$67

Bus Pick-up: 8:40 AM

Approx Return: 3:15 PM

Register/cancel by: August 25

Code: 12441



### "Radio Man" at the History Theater

Thursday, October 16

Join the celebration of A Prairie Home Companion's 40th Anniversary through a quirky and satiric journey into the memories of its creator, Garrison Keillor. The "On Air" lights flash and the show begins. The host, played by Pearce Bunting (HBO's Boardwalk Empire), presides over a parade of singing groups, the private eye Guy Noir, the cowboys Dusty and Lefty, and the people of Lake Wobegone arguing about morality and a bag of frozen peas. The lines between imagination and reality are blurred as a young boy reminisces about his radio dreams, a producer chastises the host, and the stage manager somehow keeps the show rolling along. It's a day of rollicking humor and the first full-length play written by America's foremost storyteller and humorist. After the show, enjoy a turkey dinner with all the trimmings, including dessert, at Key's Café. Fee includes: reserved theater tickets, turkey dinner at Key's Café, motorcoach transportation and escort.

Fee: \$62

Bus Pick-up: 8:55 AM

Approx Return: 2:30 PM

Register/cancel by: September 8

Code: 12428

### Green Line Light Rail

Wednesday, November 5

The bus will take us to the Target Field station, the new multimodal transportation hub linking the growing light rail, commuter rail, transit network and bike and walking trails. We will board the green line light rail that travels between downtown Minneapolis and St. Paul. Arrive at the elegant Union Depot, where we meet our tour guide and explore the history, artwork and recent renovation of this elegant building. Lunch will be at Christos Greek Restaurant. The luncheon buffet features first-rate Greek food with salads, entrees, vegetables, beverage and a small piece of baklava. As we leave St. Paul, we'll drive by the U of M campus to see the 6-foot-tall bronze statue of its beloved mascot "Goldy Gopher". If you ask, Mary may lead you in the Minnesota Rouser! Fee includes: tour, lunch at Christos, motorcoach transportation and escort.

Fee: \$57

Bus Pick-up: 9:25 AM

Approx Return: 2:15 PM

Register/cancel by: October 14

Code: 12442



### Irving Berlin's White Christmas at the Orpheum Theater

Friday, November 28

The classic holiday movie comes to life on stage. Irving Berlin's White Christmas tells the story of two Army buddies putting on a show to save the failing Vermont Inn of their former commanding general and finding their perfect mates in the process. Full of dancing, laughter and some of the greatest songs ever written (Blue Skies, Sisters, Happy Holidays, White Christmas), Irving Berlin's White Christmas promises a merry and bright theatrical experience for the whole family. Reserved seats are on the main floor, rows DD, EE, GG, and HH. Fee includes: reserved theater seating, motorcoach transportation and escort.

Fee: \$56

Bus Pick-up: 12:55 PM

Approx Return: 5:15 PM

Register/cancel by: August 26

(Note Early Deadline)

Code: 12434





## Duluth Aglow in the Season

Tuesday, December 9

We'll make a quick rest stop (on your own) before arriving at the Glensheen Mansion in Duluth. The docent-led tour will take you into the family living and work spaces, decorated for the holidays. The tour includes the basement, first floor and second floor. NOTE: If you are unable to climb stairs, a video is available for viewing. Take some time to visit the Museum Store, inspired by the elegance of the mansion, located in the Carriage House. Our meal will be in The Carriage House: Salad, Ham, Au Gratin Potatoes, Vegetable, Roll/Butter, Coffee or Tea. We will leave Glensheen and arrive at Bayfront Festival Park to experience "Bentleyville Tour of Lights."

Volunteers work for weeks to put together a magical place to celebrate the Holiday Season. Dress for the weather since this is a walking tour through this display filled with millions of lights, Christmas trees and music. There is a gift store inside a warm building plus an open-air merchandise area with approximately 15 fire pits. Throughout the 20-acre area, there is complimentary hot cocoa, coffee, popcorn, cookies and marshmallows that you can roast over the fire. A trip to definitely put you in the holiday mood. \*\*Donations are accepted at Bentleyville. Bentleyville has a community mission of raising funds to provide new unwrapped toys and food items for families in need. NOTE: Weather and road conditions may require this trip to be re-scheduled. Save Tuesday, December 16 as the make-up date. A decision to cancel the trip will be made on Monday, December 8 at 1:00 PM. Fee includes: Glensheen tour, lunch at Glensheen, Bentleyville, motorcoach transportation and escort.

Fee: \$70

Bus Pick-up: 10:15 AM

Approx Return: 9:30 PM

Register/cancel by: November 10

Code: 12424

## Branson Aglow for the Holidays

November 11-15

**DAY 1:** Leave Golden Valley with a stop for coffee and rolls in Albert Lea. Make a lunch stop in Des Moines. Continue to Kansas City and check into the Drury Inn, Independence, MO. Have dinner at a BBQ Restaurant. [C,L,D]

**DAY 2:** Travel to Branson with free time at the Grand Village Shops. Across the street, at the Moon River Theatre, enjoy the afternoon Daniel O'Donnell Show, an award-winning artist. We will check into the Radisson Hotel. Tonight is a Broadway-style experience at the majestic Sights & Sound Theatre to see "Jonah." [B,L]

**DAY 3:** The Bretts, voted best morning show in Branson, will entertain and captivate you with musical versatility, creativity and innovation. After lunch, see the Todd Oliver and Friends Show, with real-life talking dogs and hilarious comedy. Spend the evening at Silver Dollar City. "An Old Time Christmas" presents holiday shows throughout the park with a variety of shops and dining options (on your own). Climb onboard The Frisco Sing-Along Steam Train, the Gifts of Christmas Holiday Light Parade with over one million lights in the square. [B,L]

**DAY 4:** See a final morning show in Branson, and have a light lunch. Travel to Independence for lodging at the Drury Inn. Enjoy dinner at Ophelia's Restaurant, overlooking historic Independence Square. After dinner a special Harry Truman presentation will give you insight into the life of our 33rd President. [C,L,D]

**DAY 5:** After breakfast leave Independence and have lunch in Des Moines. Return to the Twin Cities by early evening. [B,L]

**FEE INCLUDES:** Deluxe motor coach transportation, Lodging for 4 nights, Meals as indicated: [C-coffee and rolls, B-Breakfast, L-Lunch, D-Dinner], Attractions: As outlined in itinerary, Tour Director, Mary Odell, Gratuities on included meals and attractions.

**Fee:** \$950/person (Double), \$1,195/person (single)

**Deposit:** \$225/person due by Friday, August 8

**Final payment due:** Fri, Sept 12

**Code:** 12407



**After Sept 8, 2014 payments are NOT refundable. Call the senior office for a detailed brochure. Travel Insurance is available.**

# senior activities continued

## **Dinner at Your Door**

**763-531-1183**

Friendly volunteer drivers deliver hot, delicious meals to people unable to come to the Senior Dining site to eat. If you are interested in this program, as a consumer or a driver, call Joanne from 9:00-11:30 AM for information and menu.

## **Store to Door**

**651-642-1892**

Store To Door, a non-profit grocery shopping and delivery service for seniors, needs volunteers! Volunteer Order Takers call clients from their homes each week and enter orders into an online ordering system. Volunteer shoppers work in partnership with several metro area Cub Foods and work to shop and prepare orders for weekday morning deliveries. Call or visit [www.storetodoor.org](http://www.storetodoor.org).

## **Fare For All**

**763-450-3880**

Stretch your monthly food budget with Fare For All, a non-profit food-buying program that allows people to increase their food purchasing power. Each month, individuals pay \$10-17 per package and receive up to \$40 worth of fresh, quality food items, including fruits, vegetables and frozen meat item. Fare For All is open to everyone, regardless of income. Call for ordering and pick-up locations.

## **H.O.M.E.**

**952-746-4046**

H.O.M.E. stands for Household and Outside Maintenance for the Elderly. H.O.M.E. provides affordable services that help seniors continue to live independently in their homes. The core staff, along with skilled workers and volunteers, provide homemaking and home maintenance services for residents age 60+ in Golden Valley. Seniors contribute to the cost of the service based on their monthly income and their ability to pay. H.O.M.E. also accepts some insurance payments as well as the Elderly Waiver and the Alternative Care Grant.

- Interior and exterior painting
- Minor repairs and plumbing
- Safety bars
- House cleaning and laundry
- Errands and grocery shopping
- Snow shoveling
- Raking and window washing

The Mission of the H.O.M.E. Program is to assist those age 60+ with household chores to help promote independence. Each year they receive a growing number of requests for help with leaf raking, window washing, yard clean up, gardening, basement cleaning and garage sweeping. They rely completely on the generosity of volunteers to fulfill these requests. H.O.M.E. also places volunteers with individuals who need assistance with seasonal chores such as snow removal and lawn mowing. The volunteer opportunities are flexible and great for individuals as well as groups.

## **Senior Community Service Outreach Program**

**952-746-4028**

Senior Outreach helps seniors and their families connect with community resources to enable seniors to live as independently as possible. The outreach coordinator provides information and guides seniors as they make decisions on in-home services, housing options, financial assistance and caregiving. Practical and emotional concerns are addressed. Call for more information or to make an in-home appointment.

## **Senior Leadership Committee**

Northwest Hennepin Human Services Council is currently accepting applications for membership on the Senior Leadership Committee. There are openings for residents of the following member cities: Brooklyn Center, Crystal, Corcoran, Golden Valley, Hanover, and Maple Grove and New Hope. The Senior Leadership Committee meets to identify and educate themselves and the community about issues that are affecting Seniors. They work to build and strengthen relationships with seniors and to connect seniors to available resources.

### **ACTIVITIES**

The role of the Senior Leadership Committee member is to represent human services needs of senior residents residing in his or her city to NWHHSC. The Senior Leadership Committee member is a partner with NWHHSC staff supporting the mission of NWHHSC. The Senior Leadership Committee's mission is to:

- Identify human services needs of seniors through citizens' input and Senior Leadership Committee representation.
- Provide citizen input, upon request, to NWHHSC on ways to address and meet those identified needs.
- Organize an area-wide Senior Forum each year that focuses on timely topics of special interest to seniors.

### **MEMBERS**

If you are a senior in Northwest Hennepin County and would like to serve on the committee, please download the Senior Leadership Committee Application and submit it to NWHHSC.

## **Widowed Support Group**

Meets every Saturday at the New Hope Country Kitchen (42nd & Winnetka) at 2:00 PM and the first Thursday of the month at Evans Nordby Funeral Home (60th & Brooklyn Boulevard) at 1:30 PM. New people are always welcome!





# brookview community center



Looking for space in Golden Valley to host up to 200 people for your wedding reception, party or meeting? Then, come check out Brookview Community Center. Nestled in the tranquil setting overlooking the beautiful rolling greens of Brookview Golf Course. Facilities include a large banquet room with neutral décor and windows overlooking the golf course, caterer's kitchen, and patio, deck and gazebo with expansive golf course views.

- Birthday Parties
- Weddings and Receptions
- Graduations
- Retirement Parties
- Religious Celebrations
- many other celebrations!

## frequently asked questions

### **Can I bring in my own food?**

You must hire a licensed caterer or food establishment to provide your food. We do require that you submit a copy of your caterer's license 90 days prior to your event. Homemade food is not permitted.

### **Can I bring in my own alcoholic beverages?**

No. All alcohol must be provided by our exclusive beverage provider, Complete Beverage. You may contact them for pricing at 1-800-550-7750.

### **Do I need security if I serve alcohol at my event?**

Yes. If you are scheduled to be in our facility past 10:30 PM and you have been serving alcohol at any time during your event, you are required to have security in the building beginning at 10:30 PM until all guests exit the building.

### **How late is Brookview Community Center open?**

Sunday through Thursday, the facility closes no later than 10:30 PM, Friday and Saturday the facility closes no later than 12:30 AM.

For complete rental information,  
contact 763-512-2345 or visit us at: [www.goldenvalleymn.gov](http://www.goldenvalleymn.gov).





# BROOKVIEW GOLF COURSE & LAWN BOWLING

*YOUR FRIENDLY, FULL-SERVICE, NEIGHBORHOOD GOLF COURSE*

Brookview Golf Course offers an 18-Hole Regulation Course, a 9-Hole Par 3 Course, a driving range and teaching area, lawn bowling green and a golf shop and grill. Brookview's Regulation Course is a challenging, mature course with tree lined fairways and an abundance of water hazards.

763-512-2300    [www.brookviewgolf.com](http://www.brookviewgolf.com)

## Brookview Grill IS AVAILABLE FOR RENT

The grill's warm and comfortable atmosphere makes it a perfect setting for business retreats, trainings, meetings or private gatherings such as receptions, grooms dinners, showers, holiday, birthday or retirement parties. The view from the grill's wall of windows is spectacular in any season. The grill is available to rent from December through February. Full bar service is available, as well as catering options. The grill can be set-up and decorated. Groups renting the grill also have access to Brookview's new Fire Pit located just outside the grill.

- Capacity:** 75 people
- Rental Fees:** \$25/hr for Golden Valley residents, businesses or organizations  
\$35/hour for non-residents  
\$45/hour for corporate/business groups  
\*Hours must be consecutive
- Deposits:** \$75 deposit due at the time of application.  
\$100 damage deposit, which will be returned within a week of the event if no deductions are necessary.
- Food/  
Beverage:** All events at Brookview Grill must be catered by a licensed caterer. Full bar service is available through Brookview.

For more information about the Brookview Grill including pricing and availability, contact the Brookview Administrative Office at 763-512-2305.

## CALLING ALL GHOSTS & GOBLINS!

Look what's brewing  
at the Brookview Par 3 Course in October...

### Brookview Ghoulish Golf Course

On Saturdays and Sundays in October, plus the MEA break, the Brookview Par 3 Golf Course will go through a spooky transformation. The Par 3 building will be decorated for Halloween. Big orange pumpkin-faced putting cups will be installed in all the putting greens (much easier for kids and beginners). Each hole will be a spooky Halloween theme, look for the black cat, spider web, skeleton, haunted house and more. All golfers get a small treat at the end of the round. Keep an eye out for our resident golf pro during the month of Halloween, Jack O. Lantern. The spirits are summoning you, please call 763-512-2330 to book a weekend tee time or just drop in on your broom. As Halloween creeps closer, we will be lurking for you at Brookview. Folks are just dying to play Brookview in October!

#### No golf clubs? No golf balls? No problem!

Free rental clubs and golf balls available to anyone who would like to use them.

**\$12.50/person OR \$7/person if you're wearing any Halloween, orange clothing or are in costume!**





## golf course fees

### Regulation Course Fees

	Patron	Public
18-Hole Course	\$28	\$35
9-Hole Course	\$16	\$19
Power Cart - 18-Hole	\$24	\$30
Power Cart - 9-Hole	\$16	\$20
Twilight (After 3:30 PM Fri, Sat, Sun & Holidays)	\$16	\$20
Twilight with Power Cart	\$24	\$30

Days in advance reservations may be made:

Patron Card Holders	7 days
General Public	5 days

### Par 3 Course Fees

	Patron	Public
9-Hole Course	\$9	\$12.50

### Junior Rates

	Patron	Public
18-Hole (Ages 10-17)	\$20.50	\$22.50
9-Hole (Ages 10-17)	\$11.50	\$13.50
9-Hole Par 3 (Ages 6-17)	\$8	\$9.50

### 60+ Senior Golf Program

All seniors may play the regulation or Par 3 course for a reduced green fee at designated times. Reservations must be made and tee times are based on availability. Not valid on holidays, special events or league play.

Monday-Friday before 12:00 PM	Patron	Public
18-Hole Senior	\$24	\$28
9-Hole Senior	\$14.50	\$16

Valid anytime, 7 days a week

9-Hole Par 3 Senior	\$8	\$9.50
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### Driving Range (Irons only)

Large Bucket	\$7
Large Patron Bucket	\$5
Small Bucket	\$5
Warm-up Bucket	\$3
10 Bucket Pass	\$57

PURCHASE A  
GIFT CARD  
FOR THE  
HOLIDAYS

Brookview Gift Cards are good  
for the 18 Hole Course, Par 3,  
Driving Range, and Grill.



## LAWN BOWLING

Now at Brookview!

### Rink Rental Rates

1 hour of play for 1-8 people

Golden Valley Resident.....	\$15
Brookview Patron .....	\$15
Public .....	\$20

Reservations can be made up to 7 days  
in advance by calling 763-512-2330.

**LARGE  
GROUP?**  
No Prob!

### Private Group Rink & Green Rentals

Call 763-512-2305 to book your  
private group rental today!

## GRAND OPENING WEEKEND

FREE play all weekend  
from 9 AM-7 PM

Drop in play only.

August  
16 & 17



*Come & see what it's all about!*

# volunteer & make a difference



Check-out the opportunities listed below and contact us today! You may also visit our website for more information and to complete the on-line application.

Contact Volunteer Coordinator, Sandy Werts  
763-512-2341  
swerts@goldenvalleymn.gov



## YOUTH SOCCER COACHES

Commitment is from late August-late October. Coaches will have one practice each week and one game on the weekend. Practice time and location is coach's choice. Must have knowledge of soccer and experience working with youth.

## PRE-SCHOOL PLAYTIME

Do you enjoy playing with pre-school kids? Pre-school Playtime is an opportunity for fun physical activity for children ages 1-5 (with an adult). Playtime assistants will greet and interact with the kids, introducing the adults and kids to activities using the equipment, reading to the children and assisting with fee collection, set-up and clean-up on Fridays, October 3-March 27 from 9:45-11:45 AM. Schedule is flexible.

## GOLDEN VALLEY MIGHTY TIDY DAY

Help unload and load furniture, food and household goods for Bridging and Prism at the annual Mighty Tidy Day on Saturday, October 4. Volunteers are needed from 8 AM-1 PM to help at the Donation Lot at Brookview Park. Some lifting is required. You can work the entire time or in 2 ½ hour time periods between 8-10:30 AM and 10:30 AM-1 PM.

## 2014 RAKING BLITZ IN GOLDEN VALLEY

The Annual Fall Raking Blitz needs your help! Between Friday, October 24 and Monday November 3, volunteers assist Golden Valley residents who can no longer keep up with their fall yard maintenance. Volunteers will be assigned to homes to rake and bag leaves and take them to the curb. Raking dates and times will be arranged with the individual homeowners. The residents will provide the bags. If you, your family, scout troop, church group or business can help with the raking, contact us today! The Raking Blitz is a cooperative program with Senior Community Services Home Program, Calvary Lutheran Church and other area churches.

For more information or to volunteer, please visit: <http://www.goldenvalleymn.gov/community/neighborshelping.php>, or contact Volunteer Coordinator, Sandy Werts at [swerts@goldenvalleymn.gov](mailto:swerts@goldenvalleymn.gov) or 763-512-2341.

## SANTA'S SCRIBE

Help Santa answer the letters Golden Valley children send to him each fall between December 5-19. Write a response to the child. Tips and ideas to help with this will be provided. Work from your home, letters will be returned to Brookview for mailing.

## SUPPER WITH SANTA

Held on Friday, December 5. Your help is needed from 5:30-8:30 PM with set-up, running games and clean-up. Event time is from 6:00-7:30 PM.

## RINK RAT HOCKEY COACH

Commitment is from early January to Mid-February. You will coach recreational hockey to boys and girls ages 5-12. The program consists of two pre-season practices and eight games, which are held on Friday evenings and Sunday afternoons. Coaches should have an understanding of hockey, with an ability to work with kids of various abilities.

## YOUTH BASKETBALL COACHES

Commitment is from January-March, with practices during the week and games on Saturday. Coaches should have an understanding of the game of basketball and an ability to work with youth of various abilities. Apply by December 5.

## ADOPT-A-LILAC BED

Sign up to adopt one of the many lilac beds planted along Highway 55. Work on it during the spring and fall.

## ADOPT-A-PARK

There are still opportunities to keep our parks looking great! See page 41 for available locations.

## LITTER CLEAN-UP

There are various locations around the city that accumulate litter and need to be picked-up periodically during the year.

## STORM SEWER STENCILING

A great group project - Stencil a message on neighborhood storm sewers and distribute education material to the neighborhood. **WE ALSO NEED COORDINATOR(S)** to work on-site with groups on storm sewer stenciling, providing education on water quality and instruction on stenciling technique and guidance to the group.

## GROUP OPPORTUNITIES

Opportunities for area businesses, churches, and scout troops, etc. to participate as a group are available. Typically groups will do a one-day-only clean up, lilac planting maintenance or storm sewer stenciling. On-going adopt a street or lilac bed maintenance is also available. Contact Sandy for more information.





**PARKS & RECREATION DEPARTMENT**200 Brookview Parkway  
Golden Valley, Minnesota 55426

763-512-2345

www.goldenvalleymn.gov

**ACTIVITY REGISTRATION FORM**Parent/Guardian First Name: \_\_\_\_\_  
(if Participant(s) are under 18)

Address: \_\_\_\_\_ Primary Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
(if different from above)

Special Needs, Disabilities or Allergies we should be aware of: \_\_\_\_\_

Participant's First & Last Name	M/F	DOB	Activity Name	Activity Code	Location	Fee
TOTAL DUE:						

**55+ SENIOR TRIP REGISTRATION**

Participant's First & Last Name	Trip Name	Trip Code	Pick-up Location	Special Requests	Fee

**CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY**

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

**Payment Type**☐ Cash☐ Check # \_\_\_\_\_☐ VISA☐ MasterCard

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature for credit card payment:  
\_\_\_\_\_



# registration information

Make checks payable to:  
City of Golden Valley

## **Online** [www.goldenvalleymn.gov](http://www.goldenvalleymn.gov)

With VISA or MasterCard using your PIN and Barcode assigned to you through the Recreation office. On-line is available 24/hrs a day.

## **Mail**

Brookview Community Center  
200 Brookview Parkway  
Golden Valley, Minnesota 55426

## **In Person**

Walk-in registration are accepted at Brookview Community Center during business hours.

## **Fax 763-512-2344**

Available for VISA or MasterCard payments.  
You may fax registration 24/hours a day.

## **Phone 763-512-2345**

With VISA or MasterCard during business hours.  
Please have your card ready.

## **Registration Confirmation**

If you register in person you may ask for a receipt. Confirmations will not be mailed for registrations by mail, phone or fax. You will be contacted only if the program is full, cancelled or a program change is necessary.

## **Cancellation/Refund Policy**

All refund requests will be assessed a \$5 administrative fee. Full refunds are given only when a program is canceled by the Parks and Recreation Department. No refunds will be given on requests made less than 5 business days prior to the start of a program. Refund requests will not be accepted after any program specific registration deadlines.

## **Senior Trip Refund Policy**

No refunds will be issued after the registration deadline for trips involving the advance purchase by the city for tickets or transportation.

## **Inclusion Requests**

Be sure to state that you have a disability or a need for inclusion services at the time of registration. Please register at least two weeks prior to a program start date to allow adequate time for inclusion services.

*Stay home & save gas!*

REGISTER ONLINE  
WITH  
  
[www.goldenvalleymn.gov](http://www.goldenvalleymn.gov)

*Have broken stuff lying around? Don't trash it – Fix-It!*

# Hennepin County Fix-It Clinic **FREE!**



Bring in small household appliances, clothing, electronics and more...with free guided assistance, you can disassemble, troubleshoot and fix your item.

First come, first served. Items must be carry-in – no oversized items. Please bring any tools and supplies that might be helpful. This event is family friendly!

*Examples of what to bring: paper shredder, toaster, DVD player, jewelry, coffee pot, radio, sewing machine, lamp, toys, curtains/linens, mixer, blender, bike light, printer, laptop.*

**Sunday  
December 14  
12-4 PM**

Brookview Community Center  
200 Brookview Parkway

#### Volunteers needed

Do you have skills in soldering, electronics repair, computer repair, sewing or general tinkering?

We need volunteers to help others learn to repair their items. To volunteer, email Nancy Lo at [nancy.lo@co.hennepin.mn.us](mailto:nancy.lo@co.hennepin.mn.us) or call 612-348-9195.



**Hennepin County**  
Environmental Services  
612-348-3777

[www.hennepin.us/FixItClinic](http://www.hennepin.us/FixItClinic)  
[www.facebook.com/HennepinEnvironment](https://www.facebook.com/HennepinEnvironment)

## SKATE with US!

Ice Skating Lessons at the St. Louis Park Rec Center



**St. Louis Park**  
MINNESOTA

*Experience LIFE in the Park*

**From hockey to competitive figure skating, there is a class for you!**

- Skating lessons for the entire family
- Caring certified coaches
- All ages and levels welcome
- Free skate rental and practice ice with class

Visit our website or call  
**[www.stlouispark.org](http://www.stlouispark.org)**  
**(952) 924-2540**



St. Louis Park Rec Center  
3700 Monterey Drive  
St. Louis Park, MN 55416





# ADOPT A PARK

TAKE PRIDE IN YOUR PARKS



## Community Parks

<u>Brookview - 200 Brookview Pkwy N</u>	<u>The Andress Family</u>
<u>Gearty - 3101 Regent Ave N</u>	<u>Herb Purdy</u>
<u>Hampshire - 1610 Louisiana Ave N</u>	<u>Brian Middleton</u>
<u>Lakeview - 1521 Hillsboro Ave N</u>	<u>Workabilities</u>
<u>Lions - 151 Louisiana Ave N</u>	<u>Kueny &amp; Knippenberg Family</u>
<u>Medley - 2331 Ensign Ave N</u>	<u>Golden Valley Women's Club</u>
<u>Schaper - 631 Ottawa Ave N</u>	<u>AVAILABLE</u>
<u>Scheid - 1856 Toledo Ave N</u>	<u>WSB &amp; Associates</u>
<u>Wesley (north) - 8305 Wesley Dr</u>	<u>Moore/Gasparini Families</u>
<u>Wesley (south) - 8200 Plymouth Ave</u>	<u>Jack Stratton</u>

## Neighborhood Parks

<u>Glenview - 2351 Zenith Ave N</u>	<u>Robbinsdale Transition Center</u>
<u>Golden Oaks - 1141 Valders Ave N</u>	<u>Kim Stroup</u>
<u>Natchez - 201 Natchez Ave N</u>	<u>Hanscom &amp; Dritsas Families</u>
<u>North Tyrol - 900 Westwood Dr S</u>	<u>Marcie Schlaeger</u>
<u>Seeman - 1101 Florida Ave N</u>	<u>Northwest Suburban Optimist Club</u>
<u>South Tyrol - 1510 Kaltern Ln</u>	<u>Allianz</u>
<u>St. Croix - 5850 St. Croix Ave N</u>	<u>John &amp; Pam Goranson &amp; Barb Osborne</u>
<u>Stockman - 3300 Major Ave N</u>	<u>WSB &amp; Associates</u>
<u>Sweeney Lake</u>	<u>Hidden Lakes Association</u>
<u>Wildwood - 7401 Duluth St</u>	<u>AVAILABLE</u>
<u>Yosemite - 351 Yosemite Ave N</u>	<u>Geving &amp; Palkert Families</u>

## Nature Areas

<u>Adeline 910 Adeline Ln</u>	<u>Mike McHugh - State Farm Insurance</u>
<u>Bassett Creek (N of Duluth) - 2130 Zane Ave N</u>	<u>B.A. Raak</u>
<u>Bassett Creek (S of Duluth)</u>	<u>John &amp; Pam Goranson &amp; Barb Osborne</u>
<u>Bassett Creek (west of Wisconsin)</u>	<u>ATS&amp;R Architects &amp; Engineers</u>
<u>Briarwood- 2600 Unity Ave</u>	<u>Girl Scout Troops 2316 &amp; 1670</u>
<u>General Mills - 9201 Olson Memorial Hwy</u>	<u>GMI Grounds Crew</u>
<u>General Mills Research Nature Area</u>	<u>The Gannon's</u>
<u>Laurel Ave (east of Florida)</u>	<u>Golden Valley Lutheran Church</u>
<u>Laurel Ave (west of Florida to Jersey)</u>	<u>The Liberman Family</u>
<u>Laurel Ave (west of Jersey to Pennsylvania)</u>	<u>Jerry &amp; Joan Monson</u>
<u>Mary Hills - 2190 Bonnie Ln</u>	<u>AVAILABLE</u>
<u>Pennsylvania Woods - 2301 Rhode Island Ave N</u>	<u>John &amp; Pam Goranson &amp; Barb Osborne</u>
<u>Rice Lake - 4120 Bassett Creek Dr</u>	<u>Tremere Family</u>
<u>Western Ave - 7600 Western Ave</u>	<u>Ilo &amp; Peggy Leppik</u>

## Special Use Facilities

Brookview Golf Course 200 Brookview Parkway S  
Isaacson Park (formerly Honeywell Little League Area) 7101 Sandburg Rd

Thank you to all the volunteers that help keep our parks and nature areas beautiful.

To learn more about adopting a park,  
 contact Sandy Werts at 763-512-2341 or [swerts@goldenvalleymn.gov](mailto:swerts@goldenvalleymn.gov).

## Tree & Bench Memorials

### Did you know?

The Golden Valley Parks & Recreation Department offers a memorial and commemoration program for park benches and trees. These donations are welcome and grace our parks and public areas for decades while providing organizations, families, and individuals a unique opportunity to mark a notable event or honor a special person. For more information, contact the Golden Valley Parks and Recreation Department at 763-512-2345.



## Golden Valley City Council

Council meets the 1st and 3rd Tuesday of each month at 6:30 PM at the Golden Valley Civic Center.

**Mayor:** Shep Harris

**City Manager:** Tom Burt

### Council Members:

Joanie Clausen, Larry Fonnest, Steve Schmidgall and Andy Snope.

## Open Space & Recreation Commission

Commission meets the 4th Monday of each month at 7:00 PM at Brookview Community Center.

**Chair:** Bob Mattison

**Vice-Chair:** Gillian Rosenquist

**Members:** Roger Bergman, John Cornelius, Kelly Kuebelbeck, Anne Saffert, Jerry Sandler, Dawn Speltz and Daniel Steinberg.

## Parks & Recreation Staff

**Rick Birno**

*Director of Parks & Recreation*

**Brian Erickson**

*Recreation Supervisor*

**Carrie Anderson**

*Recreation Supervisor*

**Jeanne Fackler**

*Senior Citizens Coordinator*

**Sheila Van Sloun**

*Administrative Assistant*

**Sandy Werts**

*Volunteer Coordinator*

**Kris Wiinikainen**

*Receptionist*

**Bert Tracy**

*Public Works Maintenance Manager*

**Al Lundstrom**

*Park Maintenance Supervisor*

## Brookview Golf & Lawn Bowling Staff

**Ben Disch**

*Golf Operations Manager*

**Kim Straw**

*Assistant Golf Manager*

**Brett Johnson**

*Administrative Assistant*

**Greg Spencer**

*Greens Superintendent*





Park & Recreation Department  
200 Brookview Parkway  
Golden Valley, MN 55426-1364

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Permit No. 1659  
Twin Cities., MN

\*\*\*\*\*ECRWSS\*\*  
POSTAL CUSTOMER

DATED MATERIAL  
PLEASE DELIVER PROMPTLY

CALLING ALL  
GHOSTS & GOBLINS!

Come to...

**Brookview  
Ghoulish Golf Course**

Come & see what's brewing  
at the Brookview Par 3 Course  
during October.

See page 36 for details.  
If you dare...



**Tree & Bench  
MEMORIALS**

**Did you know?**  
The Golden Valley Parks  
& Recreation Department  
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Now at Brookview!

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Brookview Patron .....	\$15
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